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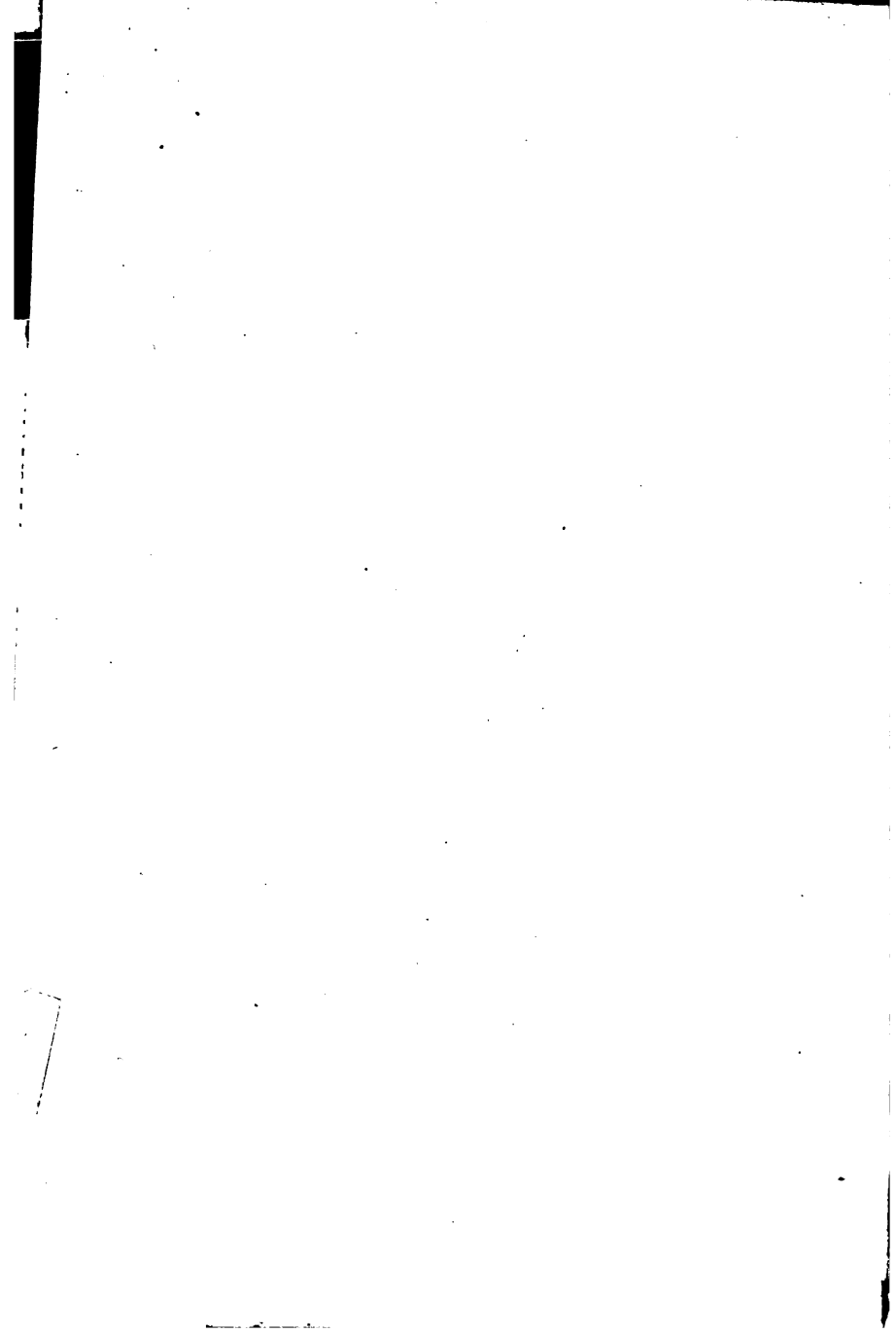
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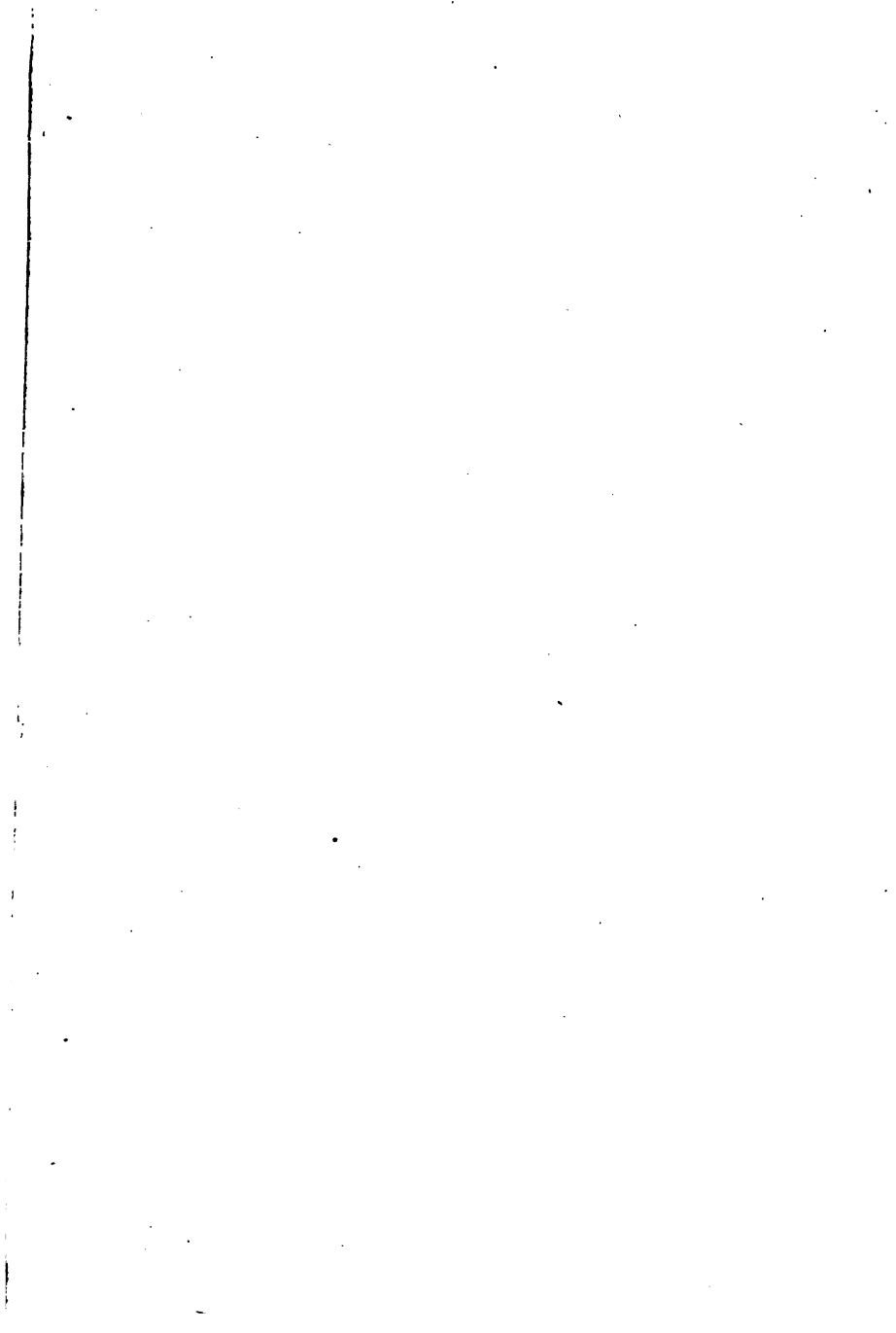
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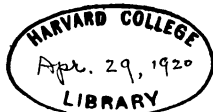
ITS USE AND ABUSE.

BY REV. J. B. WIGHT,
Of the South Georgia Conference.



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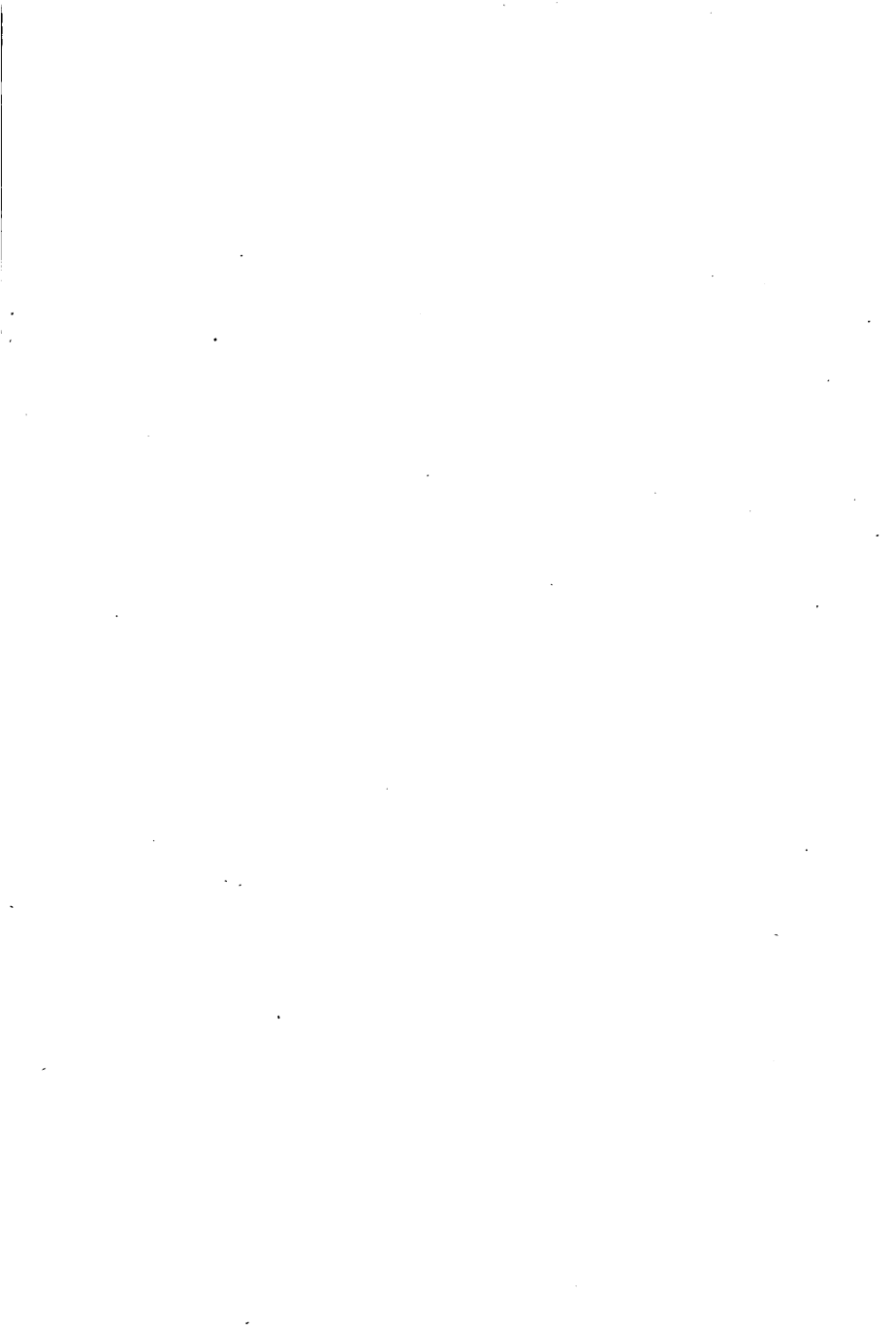
"USE no tobacco unless prescribed by a physician. It is an uncleanly and unwholesome self-indulgence."—*John Wesley.*

"But O! what witchcraft of a stronger kind,
Or cause too deep for human search to find,
Makes earth-born weeds imperial man enslave—
Not little souls, but e'en the wise and brave."

—*Arbuckle's Poem on Snuff.*

I do not place my individual self in opposition to tobacco; but science, in the form of physiology and hygiene, is opposed to it; and science is the expression of God's will in the government of his work in the universe."—*Willard Parker.*

"Having for many years made a specialty of the study of the laws of health and disease, I consider this one of the greatest evils of the present day. Language cannot describe the terrible effects which tobacco produces upon both body and mind. It perverts the taste, impairs mental capacity, corrupts the moral sense, and stimulates the animal nature."—*Nathan Allen.*



PREFACE.

THE author has no apologies to offer for this book. It is the result of careful investigation extending over more than three years, and is written because light is needed on this question. Many persons consider tobacco a harmless luxury, and as such they do not scruple to use it. Is it so? The question arose, and the investigation was begun in order to answer it.

The field was entered with an unprejudiced mind, for as a boy I used to look forward to the time when I should smoke as men do. As the investigation has proceeded the subject has grown; and what was once considered a harmless self-indulgence has developed into a question of great magnitude. In discussing the question no statement has been admitted which is not sustained by competent authorities. All has not been said that might be, and many authorities that could be cited have been left out because it has been thought useless to multiply them.

If I have sometimes spoken strongly, it is because I have felt strongly, and because the facts justify it. This "use and abuse" of tobacco is a subject that is too little considered. Had I failed to speak what I believed to be the truth, conscience would reproach me; for I have not written for the pleasure there is in it, but because duty to my

neighbor and to God demanded it. But it will be seen that the strongest statements are made by those who have studied the question, and have a right to speak.

It is not the object of this work to present the use of tobacco as the greatest vice that we are addicted to as a people, nor its votaries as sinners above all other men. But that tobacco-using, as commonly practiced, is a vice, and that light is needed on this question, the author has endeavored to show. The tobacco-habit numbers among its votaries some of our best and most conscientious men, who, if they were convinced of its harmfulness, would discard the weed forever. The author hazards nothing in saying that when the effects of tobacco—physically, mentally, morally, and hereditarily—are better known there will be less of it used by thinking men—men who have a work to do, and desire the best condition of body and mind in which to do it.

I know that some good men will be horrified that their idol should be so spoken of; and some bad men will cry that "now you want to take away our tobacco too." I know that the work may be pronounced one-sided, extreme, fanatical, and the like, but knowledge of this has not caused me to swerve one iota from the course dictated by reason and conscience.

I am aware that the work has many imperfections. Therefore all just, well-meant criticisms, though they may be severe, will be gladly welcomed; but such as come from

a spirit of fault-finding, or are made after but a partial and prejudiced examination of the book, will fall on deaf ears. The different chapters of the work are interdependent, and no right conception of it or of the merits of the question of which it treats can be had unless considered as a whole.

The facts and testimonials here given have been gathered from many sources, and a number of persons have rendered kindly assistance. These have my heart-felt thanks. But I must especially acknowledge my indebtedness to "The Tobacco Problem," a most excellent work by Meta Lander; to "Facts about Tobacco," by Edward P. Thwing; "The Use and Abuse of Tobacco," by John Lizars; "Smoking and Drinking," by James Parton; and "Tobacco: Its Effects on the Human System," by William A. Alcott, with "Notes and Additions" by Nelson Sizer.

With these statements I send it forth, and with the hope that it may not be without its mission of good to some one.

J. B. W.

Cairo, Ga., July 4, 1888.

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TOBACCO: ITS USE AND ABUSE.

CHAPTER I.

The Uses of Tobacco.

TOBACCO has its uses, or else God would not have given it a place in the vegetable world. He did not create things by accident; and so when any thing was brought forth it was because it has its appropriate place to fill among the other works of creation. To deny this would be to charge God with a lack of wisdom. But an extreme must be guarded against here. Because tobacco has its place, it will not do to draw the inference that it is therefore to be used freely and unadvisedly. This is often done. It would be as wise to reason that as God has created arsenic therefore arsenic can do no harm. Opium, strychnine, prussic acid, and the like have their uses; but they may also be abused.

Another fact is evident. The place which to-

bacco fills is not a very important one. It was unknown until Columbus found it among the natives of America. If it had been very important to the health and well-being of mankind, God would not have permitted the world to do without it for more than five thousand years, but long before A.D. 1492 a Columbus would have been raised up, and the prows of the "Maria," the "Pinta," and the "Nina" would have pointed to the New World to discover this important plant.

WHAT IS TOBACCO GOOD FOR?

When first introduced into England and on the Continent, it was considered good for almost every thing. Edmund Gardiner, in his "Trial of Tobacco," 1610, asks: "What is a more noble medicine, or more readie at hand than tobacco?" Physicians prescribed it; and notwithstanding the opposition of King James I. and a few others, its use as a medicine and as a luxury quickly spread to all classes of people. It was new, and novelty always has its attractions. But the weed has grown old and familiar; its uses are now better understood, and many of the old illusions in regard to it have been dispelled.

Its range is being narrowed. But, medicinally, tobacco is not without its virtues. As many as seventeen properties are ascribed to it. It is errhine, sternutatory, sialogogue, emetic, cathartic, expectorant, cholagogue, diaphoretic, diuretic, antispasmodic, nervine, stimulant, narcotic, anæsthetic, anaphrodisiac, parturifacient, and antiparasitic.* Dr. John Lizars says that dropsical swellings sometimes disappear under operations of this drug. It has been used with advantage as an injection in some cases of strangulated hernia; but where thus used its effects have so often been fatal that the best physicians now discourage its use for this purpose, especially as there are other remedies which are as efficacious, and much less dangerous. The cases in which tobacco can be used with advantage as a medicine, in preference to other medicines, are very few. Dr. Grimshaw says: "It is believed by all judicious practitioners too dangerous to be employed as a medicine. The benefits, as a remedy, do not counterbalance the risks of using it." Some of the dangers incident to its use will be given farther on in this work. Tobacco may

* "Facts About Tobacco," p. 19.

also be used as a disinfectant, and as a destroyer of insects. Meta Lander says: "It is useful in destroying sheep-ticks and any creature that molests man. The vapor of tobacco-juice has been tested in France with great success as an insect-destroyer in hot-houses, effectually disposing of *thrips*, scales, and slugs. It also scares away moths, carpet-bugs, and other vermin, and thus preserves furs and woollens."*

There are prevalent a number of erroneous ideas in regard to the beneficial effects of tobacco, one or more of which is the excuse for probably the greater number of those who use it. Some of these are given.

AS AN AID TO DIGESTION.

On this point the testimony of physicians is abundant and clear. A few authorities are given:

Dr. Alcott says: "I have never known a dozen tobacco-users—my acquaintance has extended to

* Here is a consideration given for the benefit of those "whom it may concern." So completely does tobacco permeate and taint the whole body of the excessive user of it that it is said that wolves, cannibals, and buzzards will leave in disgust the dead body of such a person. (See "The Tobacco Problem," p. 25.)

thousands—whose digestive organs were not in the end more or less impaired by it.”

Dr. Mussey says: “It is a mistake to suppose that smoking aids digestion. The very uneasiness which it is desirable to remove is occasioned either by tobacco itself or by some other means. If tobacco facilitates digestion, how comes it that after laying aside the habitual use of it most individuals experience an increase of appetite and of digestive energy, and an accumulation of flesh?”

Dr. Rush says: “It produces dyspepsia.”

Dr. Hosack says: “The recent great increase of dyspepsia among us is attributable in part to the use of tobacco.”

The *Journal of Health* says: “Most, if not all, of those who are accustomed to the use of tobacco labor under dyspeptic symptoms.”

Dr. Harris, of the New York Dispensary, says: “The functions of digestion and nutrition are impaired; and though in some cases tobacco may for a time appear to relieve irritability of the stomach, it eventually cripples and almost destroys the digestive powers.”

To such testimony as this a person replies: “I

do not know its effects on others, but I know it helps my digestion, because after a meal I feel much better if I take a chew of tobacco, or smoke a cigar or pipe." He is conscientious in this reply. He does not know that the weakness of which he complains is generally caused by the agent he takes to relieve it; for while tobacco, for the time, excites the digestive organs to increased activity, this is followed by their sinking below the normal. In this respect its effects are something like opium and alcoholic stimulants. And so it finally comes to the point where the digestive organs are so weakened that a stimulant is felt to be necessary in order that the stomach may perform the work which, in a healthy state, it would do without artificial assistance.

In the "Confessions of an Old Smoker" we read: "It is a delusion under which smokers labor that their peculiar and beloved habit aids digestion. They say that 'if their bowels are obstinately sluggish an extra pipe or two will generally give them relief.' This I know from experience to be true; but I also know from experience that it is not the whole truth; for the following additional facts must

be remembered: The very sluggishness of the bowels of which smokers are so apt to complain is produced by smoking, just as the habitual use of purgatives will be sure to cause indigestion. Again: the relief secured by an 'extra pipe or two' is only temporary, while the entire and permanent result is an aggravation of the derangement complained of, just as cathartics of extra strength only feed the malady which for a few days they alleviate. Of course the stomach and bowels require a little time in order to recover their proper sensibility which tobacco has been for years destroying. But let nature have time and fair play, and she will come right again unless the mischief has become so serious as to assume an organic form, and then the sufferer will be better without tobacco. That smoking cannot aid digestion is self-evident. Its ultimate effect is to destroy the healthy sensibility of the coats of the stomach and bowels. And that such a process as this must be eventually ruinous to health who can doubt?"*

QUIETING THE NERVES.

There is no doubt that under certain conditions

* "Facts About Tobacco," pp. 26, 27.

tobacco has a soothing effect on the nervous system. Users of the weed know this very well, and they know too that they often feel the need of this nerve. Are its ultimate effects on the nerves good or bad? This is a question that should interest every one who either uses or expects to use it.

Dr. Solly, surgeon of the St. Thomas Hospital, London, says: "I know of no single vice that does so much harm as smoking. It soothes the excited nervous system at the time, to render it more feeble and more irritable ultimately."

Professor Kirke, in "Nerves and Narcotics," says: "You see a man weary, and yet restless. By means of the narcotic this nervous irritation is subdued. The supply of vital force from the organic centers to the motor nerves is so much lessened that the irritating movement in them ceases. This gives a sense of relief to the person affected. He is not aware that the benefit is purchased at a serious cost. He has not only lessened the supply of vital force for the time being, but has done a very considerable amount of injury to his vital system. He has in fact poisoned the springs of life within him. As soon as these nerves rally from

the lowering effects of the narcotic the irritation returns, and the narcotic is called for anew. Fresh injury is inflicted for the sake of the ease desired. This goes on till the vital centers, if at all delicate, totally fail to give supply to the motor nerves, and paralysis begins. Yet the man goes on indulging in the so-called luxury of the narcotic."

Dr. Wright says: "I believe it to be the great antagonist of the nervous system, especially in its relations to the organs of sense, of reproduction, and of digestion."

Dr. R. V. Pierce says: "The horse, under action of whip and spur, may exhibit great spirit and rapid movements; but urge him beyond his strength with these agents, and you inflict a lasting injury. Withhold the *stimuli*, and the drooping head and moping pace indicate the sad reaction that has taken place. This illustrates the evils of habitually exciting the nerves by the use of tobacco, opium, narcotic or other drugs. Under their action the tone of the system is greatly impaired, and it responds more feebly to the influence of curative agents." * (For a further discussion of the effects

* "The People's Medical Adviser," p. 385.

of tobacco on the nervous system, see Chapters III. and IV.)

PRESERVING THE TEETH.

Dr. Barrett, of Buffalo, says on this point: "Tobacco is undoubtedly antiseptic in the mouth, but I am inclined to think the remedy is worse than the disease. I am given to smoking myself, but it keeps the mouth in an unhealthy condition."

Says Dr. Barnes, of New York: "Chewing tobacco removes particles of food, and smoking often adds a coating over softened portions, thereby rendering them less liable to *caries*. But we have plenty of remedies more cleanly and wholesome." He adds further: "To my mind the disadvantages greatly overwhelm the advantages."

Dr. Lillebrown, of Boston, says: "Tobacco-chewing, by causing a free flow of saliva, washes the teeth; but no benefit can ever secondarily compensate for the uncleanness of the habit."

Dr. Chandler, of the Dental Department of Harvard University, says: "I am no believer in the preservative qualities of tobacco upon the teeth. On the contrary, in so far as the use of it injures

the health, and thereby vitiates the oral secretions, it must be directly injurious. There is no doubt, however, that smoking in excess, and perhaps also chewing, blunts the sensitiveness of the teeth, both directly and indirectly, by its stupefying properties so that they can be worked upon with less pain; but I consider this no compensation for the nastiness consequent upon indulgence in the vile habit."

Dr. William A. Alcott, an eminent authority, says: "The soundness of the teeth will always bear an exact proportion to the soundness and firmness of the gums, and of the lining membrane of the mouth, and the whole alimentary canal. But that tobacco makes the gums loose and spongy, and injures the lining membrane of the alimentary canal, especially that part of it called the stomach, is as well attested as any fact in physiology. The application of tobacco, therefore, to the inside of the mouth and to the gums—if the foregoing principle is correct—instead of preserving the teeth, cannot otherwise than hasten their decay. And so, in point of fact, we find it. The teeth of those who use tobacco are in a less perfect state than those of other people—I mean those whose habits are no worse than

theirs in other respects; for there are many more things which injure teeth as well as tobacco, and it would be unfair to compare the tobacco-chewer, whose habits may be correct in other respects, with those individuals who, though they use no tobacco, are yet addicted to gluttony or drunkenness, or have had their teeth spoiled by poisonous medicines. The teeth of some tobacco-chewers, it is true, do not ache; for the tobacco, at least for a time, stupefies the nerves. Nor are there wanting cases here and there of old tobacco-chewers whose teeth, so far as they are not worn out, are free from decay. But such cases are as rare as those of long-lived or healthy intemperance; and they prove just nothing in favor of tobacco. They simply show that the individuals who thus held out had strong constitutions, with no hereditary tendency to diseases of the alimentary canal or the teeth, and that if in spite of the tobacco their teeth were comparatively perfect, they would have been still more so had they wholly abstained from it. But there is one thing to be observed in the case of those who chew tobacco, even when the teeth do not really decay: they wear out very fast. Dr.

Mussey has verified the truth of this position, not only by observing the mouths of 'some scores of individuals in our own communities,' but likewise those of 'several individuals belonging to the Seneca and St. Francois tribes of Indians, who, like most of the other North American tribes, are much addicted to the use of this narcotic.' I have myself observed the same thing even in the case of those tobacco-chewers who boasted of their sound teeth and of freedom from toothache. I have seen them so worn down as actually to project but a little way beyond the gums. In the part of the mouth in which the cud is kept this wearing out or wasting away is more obvious than in other parts."*

Suffice it to say that in this land, where water and soap and tooth-brushes are abundant, there is no good excuse for using tobacco-saliva as a mouth-wash.

AS A MENTAL STIMULUS.

The effect of tobacco on the mind is a very important consideration. Is it good or bad? This phase of the subject has been deemed worthy a

* "*Tobacco: Its Effects on the Human System*," pp. 9-12.

separate chapter, and the reader will find it discussed in Chapter IV.

PREVENTING WASTE OF TISSUE.

In talking once with a prominent minister, I learned a new (to me) reason for the use of tobacco; and that is that "tobacco checking the waste of tissue in the body, less food is required to be eaten to repair this waste, and therefore it is a friend to the poor man, in that the cost of living is thus diminished." This reason was a surprise in that I had been taught that whatever interferes with the normal action of nature, in a healthy state, is injurious. But the point was worthy of investigation, and here is what some good authorities have to say on the subject.

Dr. Richardson, in his "Diseases of Modern Life," says: "If smoking sustains the system longer without food, it does it by reducing the activity of all the organs, and therewith the organic power."

Dr. John Ellis says: "I suppose, without any reasonable doubt, that tobacco, like opium and some other substances, does actually retard the waste, and thereby the nourishment of the tissues; but this is

really one of the chief objections against its use, for it is exactly *what we do not want to do*, since the health and strength depend on or are intimately associated with the regularity and rapidity of this metamorphosis of the tissues."

Dr. Willard Parker says that free waste and repairs are essential hygienic conditions of health. He further says: "Where the processes of waste and repairs are maintained in balance the system is in its normal state, or in health. Disturb the balance, and disease commences. Every system is worked by force, and this is the one cause of waste. Diminish waste, and you diminish force. The work of all poisons is to diminish force. Now, if tobacco diminishes waste, it is because it diminishes force, and so far marches toward death. Let us have no more of such sophistry."

The following opinion of Dr. Cate seems to make this point clear: "If the change is no more rapid than in health, it is a physiological, not a diseased process; it is one of a chain of interlinked and interdepending processes which cannot be interfered with without upsetting the beautifully-contrived balance and leading to mischievous results. Every

physiologist knows that the use and wear exactly correspond; that you cannot diminish one without diminishing the other. All narcotics diminish the energy of all the functions of every organ. They lessen the vigor and amount of work done, and exactly to this extent diminish the waste. Going beyond certain narrow limits, the result is far worse. They act so powerfully on every organ and function that the derangement amounts to disease, the power of doing healthy work is lost, and not only the waste, but repair is decidedly diminished. The difficulty after youth is not that waste is unduly active, but that repair is too little so. It follows that instead of diminishing through narcotics the energy of brain and body, and hence the amount of work done, the increase of the reparative energy is the needed power in advancing years. Every physiologist accepts the law that with every thought, with every emotion, with every throb of the heart, with every movement of a muscle, with every step in the process of digestion, there is waste of tissue in exact and inevitable correlation to the amount of work done; and this waste can only be diminished by diminishing action or production. It is like the

consumption of fuel and the production of heat. It is easy to diminish the draft of the furnace or engine, and so the consumption of fuel, but the production of heat is diminished in the same proportion. This is precisely what is done to the functions of the body by narcotics, including tobacco. They lower the vigor and energy of every organ, and so its production and in the same degree the waste. I believe this is the correct statement of the action of tobacco in the much-talked-of relation to waste: that from the *scientific* stand-point these conclusions are inevitable; and that from the *medical* the experience of ninety-nine of a hundred of the profession clearly affirms their truth."

If this argument of "preventing waste of tissue" is admitted as a reason for the use of tobacco, then it must also hold good in regard to opium and alcoholic liquors, which have the same property.

CHAPTER II.

Cost of Tobacco.

THE history of tobacco is an interesting one. Columbus first found it among the Indians when he discovered America in 1492; and since then its use has extended to every important part of the world. Those who are interested in its history are referred to "Tobacco: Its History and Associations," a unique volume by F. W. Fairholt; "The Tobacco Problem," by Meta Lander; and to such cyclopedias as Appleton's, Chambers's, and the Britannica.

Although tobacco has reached such an extensive use, it has not done so without opposition. More than two hundred and seventy years ago James I. wrote his "Counterblast to Tobacco," while popes have issued their bulls and sultans their edicts against it. In this opposition the fight has not always been made on the highest ground. Many who may read this know that when they have heard tobacco inveighed against the op-

position has often been based upon the ground that it is a filthy and costly habit. These reasons have been sufficient to deter some; but others, believing that these are the only objections, have been unwilling to surrender a luxury from which they derive so much comfort. "Water is plentiful, and money is for nothing if not to be enjoyed," they reason; and there are many who will not dispute the validity of the conclusion. The use of tobacco is an uncleanly habit, and it is costly, and of course these points are not to be forgotten; but it is the purpose of this work to show that there are other and weightier reasons against its use. It will not, however, be an unfitting introduction to these other reasons to show something of the cost of tobacco.

Edward P. Thwing, in his "Facts About Tobacco," gives the annual consumption of tobacco for the world as being four billion four hundred and eighty million pounds. Those who are "good at figures" can calculate what the money thus expended would do in building railroads, founding missions, alleviating suffering, and educating the masses. But we are especially interested in its

cost to us of the United States. From the "Report of the Commissioner of Internal Revenue" we learn that for the fiscal year ending June 30, 1887, the amount of manufactured tobacco and snuff returned for taxation (not including what was exported) was 206,499,521 pounds, an increase over the previous fiscal year of 14,907,281 pounds. For the same year there were manufactured and reported for taxation in the United States (not including those exported) 3,788,305,443 cigars and 1,584,505,200 cigarettes, an increase in both together over the previous fiscal year of 550,950,805.

Suppose we estimate the average cost of tobacco and snuff to the consumer at sixty-five cents per pound, cigars at five cents each, and cigarettes at five cents per package of ten—all low estimates—we have the following result as the direct cost for last year:

Tobacco and snuff.....	\$134,224,688 65
Cigars	189,415,272 15
Cigarettes	7,922,526 00
Total	<hr/> \$331,562,486 80

These figures, be it remembered, simply represent the tobacco manufactured and used in the

United States, and do not include what was imported and used here. For the same fiscal year there were 518,922 licensed dealers in manufactured tobacco in the United States.* But there are other items of cost that must not be forgotten.

I. FIRES SET BY SMOKERS.

Joseph Bird, in his work "Protection against Fire," gives his careful observation for forty years in reference to fires. He says: "Millions of dollars' worth of property have been destroyed from this smoking evil. The great fire which commenced on Battery Wharf, Boston, July 27, 1855, was no doubt set by a workman who was smoking among the loose and drying cotton. The loss was \$500,000. The great fire at London in 1861, which destroyed eleven millions, was said to have originated from spontaneous combustion in hemp; but the chances are ten to one that the cause was a workman's pipe. Some time since a gentleman in Jamaica Plain was passing his barn, and saw smoke coming out of the door. On following it back into the

* This does not include 1,650 peddlers of tobacco, licensed for the same year.

harness-room he saw fire in a coat; and, on taking it up to throw it out of the barn, a pipe dropped from it, showing the cause of the fire."

An insurance agent says: "One-third or more of all the fires in my circuit have originated from matches or pipes. Fires in England and fires in America are being kindled with alarming frequency by smokers casting about their fire-brands, or half-burned matches."

Meta Lander says: "It was from a match thrown down by a smoking plumber that the Harpers' printing establishment took fire, consuming five blocks, at a loss of about a million dollars, and throwing nearly two thousand people out of work."

II. INJURY TO LAND.

Tobacco is said to make heavier demands upon the fertility of land than almost any other crop grown.

General John H. Cooke, of Virginia, says: "Tobacco exhausts the land beyond all other crops. As proof of this, every homestead from the Atlantic border to the head of tide-water is a mournful monument. It has been the besom of destruc-

tion which has swept over this once fertile region."

Says a traveler: "The old tobacco-lands of Maryland and Virginia are an eye-sore—odious 'barrens,' looking as though blasted by some genius of evil."

Meta Lander also says: "There are those who claim that the land can be kept in good condition by the free use of fertilizers. But the experience of many years furnishes evidence that this crop ultimately exhausts the soil, and that in consequence its culture is deprecated by the better class of agriculturists."

III. TIME WASTED AND MEDICAL BILLS INCURRED.

These are not insignificant factors. Every one who smokes wastes more or less time, which would otherwise be devoted to labor, reading, or some useful employment. The medical bills that are made necessary simply on account of the use of tobacco would surprise us if the facts could be known.* And then physicians who have closely

* See next chapter for reasons for this opinion.

studied its effects on the system say that excessive users of tobacco shorten their lives, on an average, at least five years by its use.

IV. PIPES, ETC.

This cost is generally small in each individual case, but is quite large in the aggregate. "In the London Exhibition there were four amber mouth-pieces valued at 250 guineas each. A plain, small, serviceable meerschaum pipe now costs seven dollars in New York, and the prices rise from that sum to a thousand dollars; but where is the young man who does not possess one?"* The poor laborer, with his clay pipe costing a cent, and the rich man with beautifully-colored meerschaum, alike contribute to swell the total here. And besides pipes there are many smoking-conveniences and accessories which should not be overlooked.

V. ASYLUMS AND ALMS-HOUSES.

Meta Lander says on this point: "In order to make a fair estimate of what this drug costs the country we ought to visit our alms-houses and houses of correction, our reform-schools, insane

* James Parton.

asylums, jails, and penitentiaries, to which poverty, disease, and crime resulting from the tobacco-fiend, with intemperance following in its wake, bring hundreds and thousands. For the support of all these we are taxed, and that doubly since we are also assessed to supply many of them with the very poison that brought them there."

THE RESULT.

The American Board *Almanac* gives a pictorial representation of some of the chief expenditures of the people of the United States during one year. Here are the figures without the picture:

Liquor	\$900,000,000
Tobacco	600,000,000
Bread	505,000,000
Meat.....	303,000,000
Woolen goods.....	237,000,000
Cotton goods.....	210,000,000
Education	85,000,000
Missions.....	5,500,000

The figures for tobacco appear large; but if to the \$331,562,486.80 given on the basis of the "Internal Revenue Report," as the direct cost of tobacco, we add the tobacco and cigars manufact-

ured but not "reported" for taxation, and the considerable quantity grown and used by the producer,* and also the large quantity of tobacco and cigars imported into the United States, then add to this the various incidental expenses connected with the production and consumption of tobacco which are given in this chapter, it would be hard to prove that six hundred million dollars does not fairly state the annual cost of tobacco to the American people.

We complain that we are poor; but who can look at the first two items in the above table—tobacco and liquor—without wondering that we are not poorer? Stewards find it hard to collect money sufficient for the support of the ministry; a collection is taken for some benevolent purpose, and how meager is the amount received! Our Mission Boards have a hard struggle to meet the demands upon them. How often it is dollars for self-gratification, and cents for the spread of the gospel! Either the old adage "Actions speak louder than words" is untrue, or people love the

* Many farmers, especially in the South, grow their own tobacco for home consumption.

gratification of a useless appetite more than they love their God. "How often will a man go through life without owning a house, when the money that he spends on this narcotic, if put on interest, would be ample for the purchase of one! How many families are cramped for the necessities of life because the husband and father will not give up his cigar! And how many a man reduced to beggary holds on to his pipe!" *

Though the cost of tobacco is not its greatest evil, is there not need for reform even on this line?

* "The Tobacco Problem."

CHAPTER III.

Physical Health as Affected by Tobacco.

THE effects of tobacco on the faculties of body and mind is a question of interest, directly or indirectly, to all. On its effects—physical, mental, and moral—mainly hinges the question as to whether its use is to be approved or condemned. The unthinking, and even the thoughtful, user of tobacco is not always a competent judge of its effects upon himself. Therefore, in discussing the branch of the subject that relates to physical health and vigor, I shall adduce the testimony of many competent scientific men—physicians and others—who have observed and studied its effects. We acknowledge their authority on other medical and scientific questions; and, however much we would like to do so, we cannot refuse to hear them on this.

COMPOSITION OF TOBACCO, AND ITS EFFECTS UPON ANIMAL LIFE.

There are several elements which enter into the

composition of tobacco, but the two most important in this connection are: 1. A colorless liquid alkaloid, having an acrid, burning taste, called *Nicotiana* (commonly known as nicotine). This is one of the most intense of all poisons, approaching in its activity the strongest preparation of prussic acid. 2. A viscid oil called *Nicotianin*, which is also an intense poison, differing essentially from the former, and supposed to act on different vital organs.

“Thus we have in tobacco two poisons—rather a remarkable effect in organic chemistry, where we generally find only one very active principle at the base of any particular production in the vegetable kingdom. It is indeed asserted by Lander that there is none of this deadly oil in the fresh leaves of tobacco; and Mr. Pereira remarks that the substance must be developed under the drying of the leaves under the influence of air and water. The discovery, if true, may free the weed from the charge of possessing a double poison; but the consequence is all the same to the consumer, who never sees the leaf in its green state.”*

* Dr. Lizars in “Alcohol and Tobacco,” pp. 17, 18.

Many experiments have been made to see what effect these poisons have on animal life. The results of some of those made by Mr. Mussey are here given; his subjects were dogs, squirrels, cats, and mice: "Two drops of the oil of tobacco placed on the tongue were sufficient to destroy life in cats which had been brought up, as it were, in the midst of tobacco-smoke, in three or four minutes. Two drops on the tongue of a red squirrel destroyed its life in one minute. A small puncture made in the tip of the nose with a surgeon's needle bedewed with the oil of tobacco caused death in six minutes. The tea of twenty or thirty grains of tobacco introduced into the human body for the purpose of relieving spasm has been known repeatedly to destroy life." *

Dr. Mussey further states that Dr. Franklin has ascertained that the oily substance which floats on the surface of water after a stream of tobacco-smoke has been passed through it is capable of destroying life in a few minutes when applied to the tongue of a cat.

* "Tobacco: Its Effects on the Human System," pp. 30-32.

Dr. Alcott gives a case which came under his observation: "A strong and in general a robust person was occasionally affected by strangulated hernia. Tobacco, in one instance, being introduced by means of a bladder, quickly restored the strangulated intestine, but the prostration was excessive, and fears were for some time entertained that he could not survive it. He slowly recovered, however, and lived several years, though he was never as vigorous afterward as before."

Orfila, in his "General System of Toxicology," has the following results of experiments, which also show the poisonous properties of tobacco: "Sir Benjamin Brodie injected from one to four ounces of a strong infusion of tobacco into the rectum of several dogs and one cat. These animals became insensible, motionless, and all died in less than ten minutes; the pulsations of the heart were no more sensible a minute before death; only one of them vomited. Their bodies were opened immediately after death. The hearts were very much distended, and no longer contracted."

Meta Lander says: "Under an inverted jar set an open bottle containing a small quantity of this

oil (of tobacco). Place a mouse or a rat under the jar, taking care that the fresh air is not excluded. Death presently follows simply from the animal's breathing the poisoned atmosphere. And this same tobacco-laden atmosphere is that which we find everywhere, and from which there is no escape. Put a tobacco-victim into a hot bath, and let him remain there till a free perspiration takes place; then drop a fly into the water, and instant death will ensue. Hold white paper over tobacco-smoke, and when the cigar is consumed scrape the condensed smoke from the paper, and put a very small amount of it on the tongue of a cat; in a few minutes it will die of paralysis. A Frenchman living near Paris having cleaned his pipe with his knife, but neglecting to wipe it, happened to cut one of his fingers subsequently. The wound was so slight that he thought nothing of it. A few hours later, however, the finger grew painful and swelled, the inflammation rapidly spreading through the arm. Doctors were summoned, but the case remained a mystery till, in answer to inquiries, the enigma was explained. All remedies proved ineffectual, and the man's condition grew so

alarming that he was taken to the hospital, where the arm was amputated as the only chance of saving his life."

W. A. Axon says in the *Popular Science Monthly* that "the nicotine in one cigar, if extracted and administered in a pure state, would suffice to kill two men."

A REASONABLE INFERENCE.

In the light of these facts it is not surprising that delicate persons, and especially children, are sometimes injured by being confined in rooms filled with tobacco-smoke, or by sleeping with a person who smokes. Dr. Trall is very pronounced in this view. He says: "Many an infant has been killed outright in its cradle by the tobacco-smoke with which a thoughtless father filled an unventilated room."

Reasoning from analogy, does it not seem that what is a deadly poison to lower animals would be such to man? Does it not appear that the use of an article which contains such a deadly poison as nicotine would often bring on disease, and sometimes premature death? Some one may ask: "If this inference is correct, why is it that he who

smokes a cigar or takes a chew of tobacco does not immediately die?" The reasons are not hard to give: 1. While, in using tobacco, some of the poison is taken up and absorbed by the system, the greater part of it passes off in the smoke, or is thrown off in the saliva, ordinarily not enough being retained to do much immediate harm. But that some of the poison remains and has its effect no one who remembers the sickening nausea of his first smoke or chew of tobacco will soon forget. 2. Another reason is the marvelous power that the human system has of resisting poison when taken gradually. When constantly used, the system slowly adapts itself to the poison, and at length comes to endure that against which, on its first introduction, there was so decided a rebellion. Analogous cases are numerous. The arsenic-eater takes, without seeming inconvenience, an amount which would kill a man unaccustomed to its use. An old toper can drink a half-pint of whisky and then "walk a chalk-line," when the same amount would make a teetotaler stagger to the floor. An opium-eater can take an ounce of laudanum for a dose and not feel it, when a fourth part of it would

be fatal to the uninitiated. De Quincey, in his "Confessions," tells us that he finally reached the point where he could take eight thousand drops of laudanum per day. But because the system at length comes to tolerate, it must not therefore be inferred that the poison is not all the while doing its work in undermining the health. Arsenic and alcohol and opium, though tolerated for a time, finally bring disease and death in their wake. How is it with tobacco?

Dr. Taylor, an eminent authority, in his work on "Poisons," says: "A poisonous substance like tobacco, whether in powder, juice, or vapor, cannot be brought into contact with an absorbing surface like mucous membrane without producing disorder of the system in many cases, which the consumer is probably quite ready to attribute to any other cause than that which would render it necessary for him to deprive himself of what he considers not merely a luxury, but an article actually necessary to his existence."

MEDICAL TESTIMONY.

Medical testimony as to the injurious effects of tobacco is abundant.

Dr. Pierce says: "The use of tobacco is a pernicious habit in whatever form it is introduced into the system. Nicotine, its active principle, which is an energetic poison, exerts its specific effect upon the nervous system, tending to stimulate it to an unnatural degree of activity, the final result of which is weakness, or even paralysis."

"The medical effects of tobacco upon the system are very marked, whether it is taken internally or applied externally. In small quantities, taken by either of the methods in which it is commonly used—as smoking, chewing, or snuffing the pulverized dry leaf—it acts as a sedative narcotic. In larger quantities, or with those unaccustomed to it, it causes giddiness, faintness, nausea, vomiting, and purging, with great debility; as the nausea continues with severe retching, the skin becomes cold and clammy, the muscles relaxed, the pulse feeble, and fainting, and sometimes convulsions, occur, terminating in death."*

Dr. Maxon, of Syracuse, says: "Whether operating through the nervous system or by entering the circulation tobacco directly diminishes vitality.

* "American Cyclopaedia," art. "Tobacco."

And there can be no doubt that the physical prostration it produces may account for the fact that nearly every drunkard first used tobacco."

Dr. Marshall Hall: "The smoker cannot escape the poison of tobacco. It gets into his blood, travels the whole round of his system, interferes with the heart's action and the general circulation, and affects every organ and fiber of the frame."

Professor Miller, of Edinburgh: "As medical men we know that smoking injures the whole organism, and puts a man's stomach and whole frame out of order. The effects of narcotics—mental and bodily—I can fairly testify, are nothing but evil; and I stand in a position of giving an experienced as well as an impartial observation."

Dr. Woodard, after discussing the disease-producing tendency of tobacco and giving a list of ailments due to its use, concludes thus: "Who can doubt that tobacco, in each of the various ways in which it has been customarily used, has destroyed more valuable lives and broken down the health of more useful members of society, up to the present time, than have been sufferers from the complaint in question [bronchitis], or than ever will be hereafter?"

Dr. Willard Parker stands at the head of the medical profession in New York. He says: "I am sure that in health no one can use tobacco without detriment to body, mind, and soul. It is a poison which slowly but surely destroys life, and a man who uses it to any extent is as old at fifty as he would be at sixty without it. All who smoke or chew are more apt to die in epidemics and more prone to apoplexy and paralysis than other people. The duty of abstaining from the slow killing of one's self by tobacco is as clear as the duty of not cutting one's throat. I apprehend the day is not far distant when the life insurance companies will inquire into the influence of tobacco poison on longevity as they have done in regard to alcohol. They have ascertained that the average duration of life of such as become intemperate at twenty is thirty-five years and six months, while the man of sobriety has an average of sixty-four years and two months. There have died in New York within a few years three excellent clergymen, all of whom would now be alive had they not used tobacco."

In the "Report of the Surgeon-general of the United States Army for 1881," Dr. Albert L. Gihon,

senior medical officer of the Naval Academy at Annapolis, gives an account of his careful observations of the physical development of the young. He has considerable to say of the effects of tobacco as observed on the students of the academy. Here is a paragraph from the report: "An agent that has mischievously been represented to be innocuous only because of the remarkable tolerance exhibited by a few individuals, and is actually capable of such potent evil; which, through its sedative effects upon the circulation, creates a thirst for alcoholic stimulation; which, by its depressing and disturbing effect upon the nerve-centers, increases sexual propensities, and induces secret practices, while permanently imperiling virile power; which determines functional disease of the heart; which impairs vision, blunts the memory, and interferes with mental effort and application—ought, in my opinion as a sanitary officer, at whatever cost of vigilance, to be rigidly interdicted."

DISEASES WHICH MAY BE CAUSED BY TOBACCO.

What are some of the physical diseases attributed in part to tobacco?

Dr. O. M. Sanders, an eminent Boston physician, says: " I am fully convinced, from clinical observation of forty years' practice, that tobacco produces blood-poison, and that its effect on the nervous system is appalling. Its pathological action is through the spinal cord and pneumogastric nerve, affecting the stomach and lungs, and relaxing and paralyzing the muscular system. Its toxical effect is to bring on nausea, vertigo, and an enfeebling action of the heart. The constant use of tobacco, either in smoking or chewing, predisposes one to epilepsy and to symptoms resembling cholera morbus. It weakens the memory and sours the disposition. It acts upon the liver, making one hypochondriac, peevish, stupid, and morose, and producing oppressive apprehensiveness, restlessness, and melancholy. It not only vitiates the appetite for proper food, but impairs nutrition, and sooner or later engenders a desire for intoxicating stimulants. It cannot be otherwise expected, for tobacco not only causes general apathy of nerve-force, but produces great weariness, languor, and general debility; hence, to meet such an extremity, the system naturally craves something more exciting than

air, water, and wholesome food. While not all tobacco-consumers are drunkards, there are very few drunkards who do not use tobacco in some form. One argument is offered as an apology for the tobacco-habit, and that is that it prevents many types of disease. This is an error. Tobacco is not an antidote; on the other hand, when a man whose blood has been poisoned, and whose nerve-fluid has become abnormal from the use of tobacco, is attacked by any malignant disease his chances for recovery are lessened fifty per cent."

Dr. Brown, of Providence, R. I., says: "The symptoms which are liable to arise from the habitual use of tobacco—whether chewed, snuffed, or smoked—may be any of the following: Dizziness, headache, faintness, pain at the pit of the stomach, weakness, tremulousness, hoarseness of the voice, disturbed sleep, incubus or nightmare, irritability of temper, seasons of mental depression, epileptic fits, and sometimes mental derangement."

Dr. Pierce, before quoted, says: "Tobacco itself, when its use becomes habitual and excessive, gives rise to the most unpleasant and dangerous pathological conditions. Oppressive torpor, weakness or

loss of intellect, softening of the brain, paralysis, nervous debility, dyspepsia, functional derangement of the heart, diseases of the liver and kidneys are not uncommon consequences of the excessive employment of this plant. A sense of faintness, nausea, giddiness, dryness of the throat, trembling, feelings of fear, disquietude, apprehensiveness, and general nervous prostration must frequently warn persons addicted to this habit that they are sapping the very foundation of health."

Dr. Lizars, after citing several cases of tobacco-disease, says: "I shall commence their enumeration by generally stating that they are numerous and varied, consisting of giddiness, sickness, vomiting, dyspepsia, vitiated taste of the mouth, loose bowels, diseased liver, congestion of the brain, apoplexy, palsy, mania, loss of memory, *amaurosis*, deafness, nervousness, emasculation, and cowardice."

Dr. Richardson says: "Smoking produces disturbances in the blood, causing undue fluidity and change in the red corpuscles; in the stomach giving rise to debility, nausea, and, in extreme cases, vomiting; in the mucous membrane of the mouth, causing enlargement and soreness of the tonsils,

smokers' sore-throat, etc.; in the heart, producing debility of that organ and irregular action; in the bronchial surface of the lungs, when that is already irritable, sustaining irritation and increasing cough; in the organs of sense, causing in an extreme degree dilatation of the pupil of the eye, confusion of vision, bright lines, luminous or cobweb specks, and long retention of images on the retina, with other and analogous symptoms affecting the ear—viz., inability to define sounds clearly, and the occurrence of a sharp ringing sound, like a whistle or a bell; in the brain, impairing the activity of that organ; in the volitional and in the sympathetic or organic nerves, leading to paralysis in them."

The use of tobacco directly affects several important organs in the body, and produces disorders especially where there is a natural weakness in a particular organ, or a predisposition to the disease in question. Some of the more important of these are given.

EFFECTS ON THE EYES.

Some of the authorities already quoted have incidentally referred to the injury to sight by the use

of tobacco. This has generally been in the form of *amaurosis*—"a loss or decay of the sight, without any visible defect in the eye, usually from loss of power in the optic nerve." It is but fair to the chewer to say that this disease is much more liable to occur from the use of the cigar than of the quid.

A Boston medical journal says: "Tobacco-smokers must look to their eyes. Proofs are accumulating that blindness by atrophy of the optic nerve, induced by smoking, is of frequent occurrence."

A recent number of the *Medical and Surgical Reporter* gives several cases of defective vision caused from the use of tobacco.

Dr. Lizars says that *amaurosis* is a very common result of smoking tobacco to excess. It occurs with or without congestion of the brain, and is commonly confined to one eye. It is usually, though not always, curable by *throwing away tobacco forever*.

Chrisholm, in his report "On the Poisonous Effects of Tobacco on the Eye-sight," states that in the past few years he has treated thirty-five cases

of *amaurosis*, directly traceable to the use of tobacco by smoking in every case but one.*

Dr. Drysdale, in "Tobacco and the Diseases it Produces," says: "In one week I saw in the Royal London Ophthalmic Hospital two cases of tobacco *amaurosis* in young men under thirty. The first had chewed continuously; and the other smoked one ounce of shag tobacco daily. Both were completely and irretrievably blind. Lichel, of Paris, found some cases of blindness easily cured by cessation from tobacco."

Says Dr. T. F. Allen: "We find here the characteristic physiological action of the drug—namely, a persistent contraction of the blood-vessels, producing *anæmia* of the nerve structure. This contraction is like a persistent cramp, and may pass off on ceasing to use the drug; but if it continue, malnutrition and slow degeneration of the nerves is sure to take place."

Germany, a nation of smokers, is proverbially a spectacled nation. Dr. Alcott ascribes this as due, at least in part, to their smoking habits.

Dr. William Dickinson, in the *Central Christian*

* "The Tobacco Problem," p. 73.

Advocate, says: " My observation of eye-diseases, extending through a period of more than twenty-five years, has convinced me that, besides the pernicious effects of tobacco in other respects (which we shall not now enumerate), greatly-impaired vision, not unfrequently blindness, has been occasioned by the use of this agent, denominated in the books a narcotic poison. My experience in this regard is corroborated by that of those who have enjoyed the largest opportunities for investigating this subject. True the proportion of those thus affected is very small compared with the great army of tobacco-users. It is therefore undeniable that some have thus suffered, and since the human constitution, muscular and nervous, is essentially the same in all, it follows that like causes will produce like effects in the future; and that a proportion of those who persist in the use of tobacco will suffer in the manner indicated. Who, therefore, will assert that you may not be the next sufferer? You may deny the statement made. In the presence of the sun you may close your eyes to its light, and deny that it shines. But this does not alter the fact; it shines nevertheless. So, though denying these, they are neverthe-

less true. One of the effects of a dominant habit is to induce disbelief, and to doubt that which does not harmonize with our predilections. We are apt to believe that which we wish to believe."

DYSPEPSIA.

The effects of the use of tobacco on the stomach and digestive organs is very marked. And yet many use tobacco as an aid to digestion. As this subject has been discussed in another place, the reader is referred to Chapter I., pp. 12-15.

HEART DISEASE.

Dr. R. W. Pease, of Syracuse, says: "There can be but one opinion among physicians, and that is that the use of so powerful a narcotic stimulant must be hurtful not only to the nervous system, but especially to the circulatory organs, chiefly the heart, causing first functional disturbance, and finally organic disease of that organ."

Every few days the newspapers tell us of some person, in apparent good health, who suddenly falls down dead, or dies in a few hours. Professor Sizer, of New York, in speaking of such cases, says the greater number of such are due to tobacco and

other stimulants which excite the nervous system, on which the heart and other vital organs depend. He says that in such cases there is a spasm, a stoppage of the heart, and the man falls and usually never speaks; and that he could name fifty persons, since the death of Dickens and Henry J. Raymond, of the *New York Times*, who have gone that way. Furthermore he says he knows not a few who have felt the premonitions of heart-trouble, and giving up such stimulants have been free from it for ten, twenty, or thirty years.

Sir Benjamin Brodie says: "It powerfully controls the action of the heart and arteries, producing invariably a weak, tremulous pulse, with all the apparent symptoms of approaching death."

Dr. Twitchell says: "The sedative effect of tobacco upon the brain is so great that it often requires an act of the will to stimulate the involuntary muscles to action, so that when sleep arrests this will-power these muscles cease to act, the breathing stops, and the person is found dead in his bed—'from heart-disease' say his friends, but in reality from tobacco-paralysis of the heart and muscles of inspiration."

Dr. Corson relates the case of a smoker who, having suffered greatly for seven years, was one day seized with intense pain in the chest, a gasping for breath, and a sensation as if a crowbar were pressing tightly against his breast and then twisted in a knot around the heart, which would cease beating and then leap wildly, the heart being found to miss every fourth beat. For twenty-seven years similar though milder attacks continued, sometimes two or three times a day. He grew thin and pale as a ghost. At length he gave up tobacco, and in a few weeks the paroxysms ceased, he grew stout and healthy, and for twenty years has enjoyed excellent health.*

IMPAIRS MUSCULAR FORCE AND PHYSICAL ENDURANCE.

A careful observation of the users and non-users of tobacco within the range of one's acquaintance will usually demonstrate the truth of this. Take the man who has been a long and excessive user of the weed, and, other things being equal, he will not

* "The Tobacco Problem," p. 79. For a full account of this case see "Alcohol and Tobacco," pp. 28, 29.

exhibit that strength and endurance that the abstainer does. He tires more quickly, he is more overcome at the end of a day's work, and he does not so readily recover his lost energies as the other. Make a fair trial, in cases where tobacco has had time to get in its work, and it will be seen what tobacco does for its votaries.

The pugilist and oarsman, or any one who is training for a contest in which strength and endurance are put to the utmost test, recognize the truth of this. Hanlan, the world-renowned oarsman, said when in England: "In my opinion, the best physical performances can only be secured through the absolute abstinence from alcohol and tobacco. This is my rule. In fact, I believe that the use of liquor and tobacco has a most injurious effect upon the system of an athlete, by irritating the vitals and consequently weakening the system."

Dr. W. F. Carver, the famous marksman, says: "I have never tasted intoxicating drinks, nor do I use tobacco in any form."

James Parton, who is well known in the literary world, says in his "Smoking and Drinking:" "One of the first things demanded of a young man

who is going into training for a boat-race is to *stop smoking!* And he himself, long before his body has reached its highest point of purity and development, will become conscious of the lowering and disturbing effect of smoking one inch of a mild cigar. No smoker who has ever trained severely for a race or a game or a fight needs to be told that smoking reduces the tone of the system and diminishes all the forces of the body. He knows it. He has been as conscious of it as a boy is conscious of the effects of his first cigar."

Meta Lander, in "The Tobacco Problem," has this: "The following from the *Boston Evening Journal* bears on the assertion that tobacco lessens the power of endurance: 'According to Lieutenant Greeley's account of the nineteen men who perished [in the Lady Franklin Bay Expedition] all but one were smokers, and that one was the last to die. The seven survivors were non-smoking men.' To make sure of the correctness of this report, a letter of inquiry was sent to Lieutenant Greeley. His reply substantially confirms it, except on a single point, which is that one of the seven rescued was an inveterate tobacco-chewer.

Candor requires this correction, whatever inference the devotees of the weed may be inclined to draw from it. The lieutenant closes his letter by saying: 'That no undue weight may be given to the facts, I add that the seven rescued were all temperate in eating and drinking.'"

CANCER.

On May 17, 1885, Dr. Talmage preached in Brooklyn a sermon on "Cancers from Tobacco." In it he quotes from the late Dr. John C. Warren, of Boston, one of the most eminent surgeons of his day. Dr. Warren, as quoted, says: "For more than thirty years I have been in the habit of inquiring of patients who came to me with cancers of the tongue or lips whether they used tobacco; and if so, whether by chewing or smoking. If they have sometimes answered in the negative as to the first question, I can truly say that, to the best of my knowledge and belief, such cases are exceptions to the general rule. When, as is usually the case, one side of the tongue is affected with ulcerated cancer, it arises from the habitual retention of the tobacco in contact with this part."

Dr. Warren further says on this subject: "The irritation from a cigar or tobacco-pipe frequently precedes cancer of the lips. The lower lip is more commonly affected by cancer than the upper, in consequence of the irritation produced on this part by acrid substances from the mouth. Among such substances, what is more likely to cause a morbid irritation, terminating in disease, than the frequent application of tobacco-juice? Aged persons are very liable to cancer, especially about the face; and when an irritating substance is applied habitually, the skin becomes disordered and takes on a cancerous action. This irritation may be produced, as already stated, by the use of tobacco in the interior of the mouth, by the habitual application of a cigar to the lips, and even a pipe applied to the same parts. Few days pass without an opportunity of witnessing a verification of these facts, and at the moment of writing this such a case presents itself for my opinion. The patient is a farmer; healthy, except that he has formerly used spirituous liquors; about fifty years old; an habitual smoker, who two years since was afflicted with cancerous ulceration of the lower lip. The primary

disease was removed by an operation, and the wound healed; but soon after numerous lymphatic glands on both sides of the neck began to display the effect of cancerous poisons; and there are now developed a number of large, very hard bunches, which must continue to grow until they produce a fatal termination."

In substance Dr. Warren adds that "want of cleanliness aggravates the case, and that those who are attentive to this matter are not in so imminent peril; moreover, that the reason why all chewers and smokers do not have cancers is because there is not a predisposition. But no one can surely affirm that he is safe, for a strumous *diathesis* may exist unknown to the individual, and a little irritation develop it into a cancer. As with phthisis; so with cancer: a condition for an attack may continue for years and not result in the disease itself. Latent tubercles have remained long undeveloped, perhaps through life, where one has been always on guard against consumption. Many who now show no signs of cancer might develop it in a few years, or months even, if they should acquire the habit of smoking or chewing. When the crisis is

reached, the knife alone can be depended on, and even that not unfrequently fails." *

Dr. Lizars says: "It would appear that the cigar or pipe first produces a small blister of the mucous membrane of the mouth, which, being daily irritated by the pungent weed, progressively ulcerates and becomes cancerous. I am decidedly of the opinion that a cigar or pipe impregnated with this cancerous fluid is a ready medium to communicate the disease to another person who uses the same cigar or pipe." †

The *Medical Times and Gazette* of October 6, 1860, mentions one hundred and twenty-seven cancers that were cut from the lips, nearly all being the lips of smokers. ‡

LOSS OF MANLY COURAGE.

Dr. Lizars: "I have invariably found that patients addicted to smoking become cowardly, and

* See "Facts about Tobacco," pp. 35, 36.

† For a minute account of several cases of cancer of the mouth and tongue caused by the use of tobacco, see "The Use and Abuse of Tobacco," by John Lizars.

‡ "Facts about Tobacco," p. 37.

are deficient in manly fortitude to undergo any surgical operation, however trifling."

Dr. T. F. Allen: "Many smokers who are naturally bold and resolute lose their fortitude because they are unable to bear pain, are nervous in the society of others, and even afraid to be left alone at night."

Tyrrell: "The tobacco habit is one of those pleasant vices which the just gods make instruments to scourge us, destroying the very principle of manhood."

The probable reason of this deficiency in manly courage is the weakening effect that tobacco has on the nerves—a subject discussed farther on.

TOBACCO CAUSES NON-PROCREATION.

The following is from a communication in the *Lancet*, by Walter Tyrrell, M.R.C.S.: "More especially would I direct attention to the depressing influence of tobacco upon the sexual powers. I feel confident that one of the most common, as well as one of the worst, of its effects is that of weakening, and in extreme cases of destroying, the generative functions. I can illustrate this by a

case that came under my notice recently, and one which I believe to be by no means rare. My attention had just been directed to the subject, . . . when a gentleman called to consult me, as he found himself impotent. He was a young man in apparently good health, and his generative organs showed no signs of disease or decay. He stated that it was only during the last few months that he had found his desire for connection gradually decreasing, and that when he did attempt it his efforts were altogether futile, or only consummated after a long interval. On inquiry into the supposed cause, amongst other matters I found that he had latterly become a great smoker, sometimes smoking a dozen cigars a day. Without particularly directing his attention to that point, I ordered him to confine himself to one cigar a day, at the same time ordering him a *placebo*. At the end of a fortnight he called again, saying he was very much improved; he had greater desires, and more power of satisfying them. I now told him that he might resume his smoking, but to continue the medicine, to which he attributed all his benefit, telling him that he need not call again unless he found himself worse.

In a few days he returned with exactly the same symptoms as at first. I was now convinced of the cause, and ordered him to entirely, though gradually, leave off the habit. He was at first unwilling to submit; and it was not until I had repeated my former experiment—with, if possible, more positive results—that he consented. He has, I am glad to say, perfectly carried out his good resolutions, and with a perfectly successful result. This case, I think, satisfactorily proves that, in some persons at least, tobacco is not the harmless luxury that many would make it; and I am sure this case has many parallels."

Dr. Lizars: "Emasculation, as an effect of tobacco, may well astonish the gay Lothario. . . . I have been consulted by fathers of from thirty to forty years of age who, having married in early life, have had two or three children soon after marriage onward to thirty years old, but have been surprised that they had eventually lost all inclination for sexual indulgence. On interrogating them I have invariably found that they were all excessive smokers; and, on convincing them that tobacco was the cause of their temporary impotence, they have instantly 'thrown away tobacco forever,'

and in a few months afterward have returned to me saying that they had become fathers again. I have found unmarried men similarly affected with the want of the sexual *vis et animus*."

In a communication to the *Lancet*, on the tobacco question, Dr. Solly, then surgeon of St. Thomas Hospital, says: "In the same way tobacco is a *stimulus* to the generative system; but the stimulating effect is much earlier followed by its depressing action; consequently it has long been known, when used immoderately, to extinguish the sexual appetite and annihilate the reproductive faculty. It is a prolific source of spermatorrhœa. During one week lately I was consulted by three young men suffering from seminal weakness, in all of whom I could trace this drain to the relaxing, enervating effect of smoking. Happy would it be for them if the abandonment of the vice would at once restore them to health! But no; the evil remains, though the cause is removed. I do not mean that it remains permanently, because all such cases are ultimately, though sometimes slowly, curable. These three cases are merely a few out of many that I have seen of late years."

It would be well to note the fact referred to in the first part of the above quotation: that, while tobacco at first stimulates the generative functions, renders them unduly active, and therefore tends to licentiousness, it at length tends to depress them below the normal.* Thus there is a double danger on this line.

EFFECTS ON THE NERVES.

These are very marked. One wants "to quiet the nerves," and he takes a smoke or a chew of tobacco; the brain is sluggish, and the same agent is resorted to. Under certain conditions tobacco does act as a sedative; and consequently when one has been under severe mental or nervous strain a cigar is a real comforter. It quiets the over-worked organs; its effects are analogous to the action of morphia upon the body that is racked with pain. It also helps to soothe and drive away anxious care. This is no doubt the reason why so many men, and especially those of studious and contemplative habits of mind, are so wedded to tobacco. But, considered from this point of view

* See also testimony of Dr. Gihon, p. 46.

alone, more is lost than gained by its use. The person whose body is so deranged as to require the action of morphia to quiet the pain cannot do the work of a healthy man. The person whose brain and nerves are so upset as to require a sedative to restore them to their normal condition is not prepared to do the most and best work. Tobacco is a sedative, but its use brings about the very conditions that demand the use of such an agent.

Parton says: "We waste our vital force; we make larger demands upon ourselves than the nature of the human constitution warrants; and then we crave the momentary, delusive, pernicious aid which tobacco and alcohol afford."

Dr. Harris, physician to the New York City Dispensary, says: "The properties and effects of tobacco are of a curiously-mixed character. Its power or property of stimulation is strangely interwoven with its more important and predominating one of *sedation*, or depression. This complex and double action is peculiarly adapted to the work of fascinating and misleading those who submit themselves to its influence. It titillates the nerves and

exhilarates the feelings, while it obtunds and stupefies the sensibility, and partially suspends the process of life. The appetite which it creates is a never-ending gnawing that will not be denied; and under the most specious guise of *absolute physical necessity* it hides its insatiate and cruel demands. Its sedative influence acts as a damper to the bustling excitability which the nervous system acquires from deficient or excessive action; while at the same time it affords fresh and fascinating excitement that for a long time makes one forgetful of weariness, and promises to relieve the tedium of life. There is no other substance known that can induce such complex and various effects; but the *ultimate results* are invariably the same. Its disastrous influences upon the functions of the nervous system and the action of the heart are felt throughout every tissue of the body; the blood moves sluggishly, and as it stagnates in delicate organs foundation is laid for every form of disease, while at the same time the poison of the drug is diffused throughout every tissue of the living frame, benumbing and impairing all the powers of life; so that the system is at once more liable to disease

and less able to endure its consequences and resist its power."

Dr. Logee says: "Being a narcotic stimulant, it breaks down the nervous system, raising the user above his natural level, only by inevitable reaction to depress him below it."

The New York Anti-tobacco Society attributes the alarming increase of consumption, dyspepsia, palsy, apoplexy, epilepsy, and the whole train of nervous diseases, in part, to the use of tobacco.

Dr. Solly says: "It [smoking] soothes the excited nervous system at the time, to render it *more irritable and more feeble ultimately*. It is like opium in that respect; and if you want to know all the wretchedness which this drug can produce you should read the 'Confessions of an Opium-eater.' I can always distinguish by his complexion a man who smokes much; and the appearance which the *fauces* present is an unerring guide to the habits of such a man. I believe that *cases of general paralysis* are more frequent in England than they used to be, and I suspect that smoking tobacco is *one of the causes of that increase*."

A writer well says: "Tobacco carries but a thin

edge of enjoyment ahead, and a blunt edge of dull stupidity and crackling sorrow and nervous derangement behind."

It is a generally-received opinion that *delirium tremens* is caused only by the use of alcoholic stimulants, but there are many well-authenticated cases where it could be assigned to no other cause than the use of tobacco. And this is not unreasonable, for *delirium tremens* is an affection of the nerves, and we see that tobacco has a very decided influence on them.*

INSANITY.

Very closely connected with the effects of tobacco on the nerves are its effects in inducing insanity. The brain and nerves are very closely connected, and whatever injures the latter must be of harm to the former. The effects of tobacco on the mind will be discussed in the next chapter, but, as insanity is of the nature of a physical ailment, place is made for it here. Physicians who have

*For a further discussion of tobacco, as affecting the nerves, see "The Tobacco Problem," p. 83; "The Use and Abuse of Tobacco," p. 35; and "Facts about Tobacco," p. 28.

been close observers of insanity and its causes speak plainly here. A member of the Paris Academy of Medicine says: "Statistics show that in exact proportion with the increased consumption of tobacco is the increase of diseases in the nervous centers—insanity, general paralysis, *paraplegia*, and certain cancerous affections."

Good Health, a medical magazine, for December, 1869, contains the following: "Insanity is frightfully increasing in Europe—just in proportion to the increase in the use of tobacco. It appears that from 1830 to 1862 the revenues from the imposts on tobacco in France rose from £1,250,000 to £8,333,333 — certainly a tremendous figure to have disappeared from the pockets of the people into smoke. But hand in hand with this increase in the consumption of tobacco there appears to have been during the same period an augmentation in the number of lunatics in France from 8,000 to 44,000, or rather 60,000, if we take into account other lunatics besides those in public asylums."

Of course other facts, such as the increase of population and the use of alcoholic stimulants, are

to be considered in this comparison—all the increase of lunacy must not be attributed to tobacco. But I have never yet found an authority who denies that tobacco is a potent factor in filling our asylums.

The superintendent of the Pennsylvania Insane Hospital says: "The earlier boys begin to use tobacco the more strongly marked are its effects upon nerve and brain."

Dr. Kirkland, of the same hospital, says: "Six cases of insanity were clearly attributable to the use of tobacco."

Dr. Harlow, of the Maine Insane Asylum, says: "The pernicious effect of tobacco on the brain and nervous system is obvious to all who are called to treat the insane."

Says the superintendent of the New York Insane Asylum: "Tobacco has done more than spirituous liquors to precipitate mind into the vortex of insanity."

Dr. Bancroft, for many years at the head of the Insane Asylum at Concord, N. H., says: "I have known several cases of insanity most unquestionably due to the use of tobacco, without other com-

plicating causes, and which have been cured by the suspension of the habit; while the number in which it was prominent among the causes is much larger."

Dr. Woodard, of the insane asylum, Worcester, Mass., says: "That tobacco produces insanity I am fully confident. Its influence upon the brain and nervous system is hardly less than that of alcohol, and if excessively used is equally injurious."

The following interesting case is taken from "Facts about Tobacco:" "A party of clergymen were discussing this subject when the case of Rev. Mr. Blank, a graduate of Andover of high standing and for a time wonderfully successful, was mentioned. 'He was made a raving maniac twenty years ago by the use of tobacco,' remarked one of the party. Another gave his account of the man, whom he recalled vividly to mind, with his pale face, stained lips, repulsive breath, and quivering hand. The abject slave of tobacco, he chewed negro-head tobacco, a match for any man who has not the iron-like nerves of an African goat or horse. He preached about three years with unexampled popularity and success. His health then failed, and *no one knew the cause.* A few months

rolled away, and he broke utterly down, and still *no one knew the cause*. In a few months he became a maniac, relinquished his pulpit, and was as wild as the wild man who was 'found cutting himself with stones among the tombs,' and *no one knew the cause*. He was then taken to an asylum for the insane, and was there twenty years. He there breathed a fetid atmosphere, paced the floor of confined halls, stared upon the outside world through iron grates, cursed himself, cursed his wife and children, and in his wild ravings 'dealt damnation round the land,' thus day and night championing tobacco as a fretted horse champs his bit. He once was pacing his room as he had aforetime, year by year, and a change came over him. He stopped abruptly, and, in a sort of soliloquy, exclaimed: 'Why am I here? What brought me here? What binds me here?' His soul bursting with indignation, he cried aloud: 'Tobacco! Tobacco!' He walked back and forth; then, bursting into tears, he cast the last foul plug through his iron grates, and, looking upward to God, he said, 'O God, help! help! I will use no more.'"

Now we believe in no miraculous cure in this

case. Mr. Blank *dropped his tobacco*, and the sad and dark eclipse fled from his beautiful mind, and it came out from the horrible tempests and storms of insanity clear as the sun and fair as the moon. He soon regained his health and vigor, again preached the gospel of the blessed God in the Presbyterian Connection, and after ten years of arduous service he died revered and beloved, and passed, as we believe, into the better world.

TOBACCO NOT AN ANTIDOTE TO DISEASE, AND
RETARDS RECOVERY FROM IT.

It is sometimes urged in favor of the use of tobacco that it is an antidote to disease. The same argument has been advanced for alcoholic stimulants; but experience has proved that the contrary is true in regard to them. In epidemics intemperate men (other things being equal) have been more subject to attack from disease, and have more quickly succumbed to it. And it would be strange if this were not so. Whisky weakening the vital organs, they cannot so easily resist the influences that tend to produce disease; and so the death-rate of the intemperate is proportionally greater, and the

average duration of life less than in persons of temperate habits. As tobacco also weakens the vital organs, can we expect the result to be different with it? "Like causes produce like effects." But what say those who ought to know?

Dr. Lizars says: "During the prevalence of cholera I have had repeated opportunities of observing that individuals addicted to the use of tobacco, especially those who snuff it, are more disposed to attacks of that disease, and generally in its most malignant and fatal form."

Dr. O. M. Stone, an eminent physician of Boston, says: "One argument offered as an apology for the tobacco habit is that *it prevents many types of disease*. This is an error. Tobacco is not an antidote; on the other hand, when a man whose blood has been poisoned; and whose nerve-fluid has become abnormal from the use of tobacco, is attacked by any malignant disease his chances for recovery are lessened fifty per cent."

The following, from an address by Dr. Willard Parker, delivered before the students of Union Theological Seminary, is worthy of note: "It is now many years since my attention was called to the

insidious but positively destructive effects of tobacco on the human system. I have seen a great deal of its influence upon those who use it and work in it. Cigar and snuff manufacturers have come under my care in hospitals and in private practice; and such persons cannot recover soon and in a healthy manner from cases of injury or fever. They are more apt to die in epidemics, and more prone to apoplexy and paralysis. The same is true, also, of those who smoke or chew much."

Dr. Fenn, after giving a case of typhoid fever in which, owing to the peculiar circumstances, the fatal result could almost certainly be attributed to the excessive use of tobacco, adds this statement: "I could quote other cases almost parallel where the immoderate use of tobacco destroyed all chances of recovery in otherwise favorable or merely doubtful cases of typhoid."

Dr. Harris says: "At the New York City Dispensary more cases of constitutional, chronic, and functional diseases are treated than at any other institution in America, more than fifty thousand patients being annually prescribed for. Of the male adult patients affected by such diseases who have

come under my care at the dispensary I have found that nearly nine-tenths of the whole number were habitual tobacco-mongers. In no small proportion of these it has been perfectly evident that tobacco had an important influence upon the cause and continuance of these maladies. It is scarcely possible to heal a syphilitic sore or to unite a fractured bone in a devoted smoker; his constitution seems to be in the same vitiated state as one affected by scurvy.* The use of tobacco not only produces or originates various diseases, but greatly aggravates the symptoms of those which have their origin in other causes. It also hastens the development of the diseases to which by inheritance we are constitutionally predisposed, but which otherwise might have slumbered. Few things, except perhaps ardent spirits, excite those diseases more rapidly than chewing and smoking tobacco; and this is a powerful argument against the formation or continuation of those habits."

ITS USE TENDS TO DRUNKENNESS.

Not that every excessive user of tobacco is a

* "Alcohol and Tobacco," p. 24. See also p. 26.

drinker of alcoholic stimulants, nor even that he has a desire for them. But this fact is true: Of two persons, both of whom are equally inclined to drink, and one begins the use of tobacco, he will be more likely to follow it by the use of alcoholic stimulants than will the other who does not use tobacco. In other words, if a man is predisposed to drink, his liability to yield to the appetite will be increased if he be a user of tobacco, especially if he smokes; for in this respect smoking seems to be more dangerous than chewing. The reason for this is not difficult to understand. The disturbance of the liver and biliary system generally is indicated by the sallow, dusky color of the complexion, which Dr. Rush associates with this indulgence. Thirst too, he says, is another result, the worst thing about which is this: "It cannot be allayed by water, for no sedative, or even insipid liquor, will be relished after the mouth and throat have been exposed to the *stimulus* of the smoke or the use of tobacco."

Here, then, comes the beginning of another temptation, noticed elsewhere—that of dram-drinking. Dr. Stevenson says that the salivary glands are

so exhausted that "brandy, whisky, or some other spirit is called for." *

Dr. Mussey says: "In the practice of smoking there is no small danger. It produces a huskiness of the mouth, which calls for some liquid. Water is too insipid, as the nerves of taste are in a half-palsied state from the influence of tobacco smoke; hence, in order to be tasted, an article of a pungent or stimulating character is resorted to, and consequently the kindred habits of smoking and drinking."

Dr. Woodward says: "I have supposed that tobacco was the most ready and common stepping-stone to that use of spirituous liquors which leads to intemperance. Those who chew or smoke tobacco are rarely satisfied with water or other insipid or tasteless drinks; else, why should the bar-room and the grog-shop be the resort of the smoker?"

Professor Moses Stuart, of Andover, who was at one time himself a user of the weed, says: "That it undermines the health of thousands; that it creates a nervous irritability, and thus operates on the temper and moral character of men; that it often cre-

* "Facts about Tobacco," p. 26.

creates a thirst for spirituous liquors; that it allures to clubs and grog-shops and taverns; and finally, that it is a very serious and needless expense, are things that cannot be denied."

Dr. Brown says: "The use of tobacco produces a dryness or huskiness of the voice, thus creating a thirst which in many cases is not satisfied with any thing short of alcoholic drinks."

Dr. Stephenson says: "The use of tobacco is one great step toward intemperance. But it is a lamentable fact that very many who stand most prominent in the temperance reform are grossly intemperate in the use of tobacco. And there are those who see this inconsistency in some of our temperance advocates and are not inclined to overlook it. Many of the arguments which are used against whisky can with equal force be used against tobacco. And yet how often is the spectacle presented of a temperance advocate who is a constant user of the tobacco-stimulant!"

Dr. Alcott, in speaking of the tendency of the use of tobacco to drunkenness and licentiousness, says: "In fact, the tendency to both is so obvious that this alone would seem sufficient to banish it

forever from all decent society, were there not another solitary charge to be brought against it."

When the whole truth is known in regard to the close relation existing between tobacco, whisky, drunkenness, and licentiousness, it will be found that tobacco has some severe indictments to answer to.

TOBACCO VICTIMS.

They are numerous. The brilliant Senator Matt. Carpenter had this said of him by a friend: "Died of smoking twenty cigars a day." A few years ago Georgia lost one of her most brilliant men, whose reputation as an orator belonged to the whole nation, who fell the victim of a disease, one of the exciting if not the main cause of which physicians have ascribed to tobacco. Not long after this Mount McGregor, N. Y., witnessed the death of a man whose reputation as a soldier was world-wide.

Dr. Shrady, in his closing summary of General Grant's death, says: "It is quite probable that the irritation of smoking was the actual cause of the cancer; or at least it is fair to presume that he would not have had the disease if his habit had not been carried to excess."

Meta Lander: "Lorenzo and Siro Delmonico, the famous New York caterers, were among the innumerable tobacco victims. Of the latter, Dr. Wood, who had attended him for a long time, testified: 'I have known him to smoke a hundred cigars a day. He was completely saturated with nicotine, and the question of his death was only one of time. He used the very strongest cigars, made expressly for him in Havana, and he was perpetually smoking. The disease this produced was called *emphysema* (a morbid enlargement of the lung cells), and caused fits of coughing which sometimes nearly strangled him. He had been many years under medical treatment, frequently changing his physician, but never his practice, although often warned of its perils.' From a midnight revel Delmonico went to his house, and the next morning was found dead upon the floor."

ADULTERATIONS AND THE PROCESSES OF MANUFACTURE INCREASE THE EVIL.

There are at least two dozen foreign substances that enter more or less into the manufacture of tobacco. Many of these are comparatively harm-

less, but this cannot be said of them all. The following are some of the things thus used: Sawdust, peat, sea-weed, sugar, honey, orange-peel, lemon-peel, mace, cloves, spices of all kinds, vanilla, licorice, valerian, tonka-bean, opiates, Spanish wine, liquor of various kinds.

Meta Lander says: "The statement of the representative of a large Southern tobacco house, given on the authority of the *New York Tribune*, will not be questioned. He asserts that 'the extent to which drugs are used in cigarettes is appalling,' and that 'Havana flavoring' is sold everywhere and by the thousand barrels. This is prepared from the tonka-bean, which contains a deadly poison. Cigarette-wrappers are in some cases made from the filthy scrapings of rag-pickers, arsenic being often used in the bleaching process, while combustion develops the oil of creosote."

There are in New York and other large cities persons whose business it is to pick up from the streets and other places the castaway stumps of cigars, which are sold to manufacturers of cigarettes.

But there is another important question for the consideration of the smoker. It is from a corre-

spondent of the *New York Times*: "A prominent physician told me lately that from the practice of cigar-makers wetting the wrapper with their saliva and biting the end of the cigar into shape, a spread of syphilitic disease was taking place; and that he knew of several cases. Somewhat alarmed, I managed to visit a number of factories. Two-thirds of the cigar-makers I found daub the whole end of the cigar with their saliva. Thinking that Cuban workmen might not do it, I visited places where they were employed, and found that not only did they use their saliva to make the wrappers stick, but that most of them before wrapping bit the end of the cigar into shape with their teeth. As the physician informed me that many of the cigar-makers have sore mouths from disease, it is a dangerous as well as a beastly habit."

Meta Lander says: "That scrofulous and syphilitic diseases have thus been contracted there is no doubt. In San Francisco a large number of cases of leprosy have been traced by physicians of that city to the smoking of cigars and cigarettes manufactured by Chinese lepers. Let smokers read the accounts of the tenement-house manufacturer

of cigars and cigarettes in New York City, and of the filth and disease which there exist, and they will not be better prepared to enjoy their after-dinner smoke."

Here is a curious incident in this connection. It is related by Fairholt in his "Tobacco: Its History and Associations," p. 7, a book that is favorable to the use of tobacco. "A few years ago a cigar-manufacturer resisted successfully an attempt at enforcing the legal penalty for the unlawful fabrication of cheap 'Havana cigars' from tobacco which had paid no duty, as he was enabled to show in his defense that he never made use of the tobacco-leaf at all. Such cigars as are retailed for a penny, and leave a large profit for the vender and maker, must necessarily be constructed of less expensive material than tobacco-leaves. They are sometimes steeped in an infusion of strong tobacco-water, to give them a little external flavor of a true kind."

NATIONAL DEGENERACY.

Closely connected with this injury to the individual is the degradation of a whole people addicted to the use of tobacco.

No one would accuse James Parton of narrowness or prejudice on this question. In his "Smoking and Drinking" he says: "Among the nations of the earth most universally addicted to smoking are the Turks, the Persians, the Chinese, the Spanish—all slaves of tradition, submissive to tyrants, unenterprising, averse to improvement, despisers of women. Next to these, perhaps, we must place the Germans, a noble race, renowned for two thousand years for the masculine vigor of the men and the motherly dignity of the women. Smoking is a blight upon this valuable breed of men; it steals away from their minds much of the alertness and decision that naturally belong to such minds as they have, and it impairs their bodily health. Go, on some festive day, to 'Jones's Woods,' where you may sometimes see five thousand Germans—men, women, and children—amusing themselves in their simple and rational way. Not one face in ten has the clear, bright look of health. Nearly all the faces have a certain tallowy aspect—yellowish in color, with a dull shine upon them. You perceive plainly that it is not well with these good people; they are not conforming to nature's requirements;

they are not the Germans of Tacitus — ruddy, tough, happy, and indomitable. To lay the whole blame of this decline upon smoking, which is only one of many bad habits of theirs, would be absurd. What I insist upon is this: Smoking, besides doing its part toward lowering the tone of bodily health, deadens our sense of other physical evils, and makes us submit to them more patiently. If our excellent German fellow-citizens were to throw away their pipes, they would speedily toss their cast-iron sausages after them, and become more fastidious in the choice of air for their own and their children's breathing, and reduce their daily allowance of lager beer. Their first step toward physical regeneration will be, must be, the suppression of the pipe."

The opinion of Mr. Joseph Fiévée is to the same purpose. He says: "We do not insist principally on the material disasters resulting from tobacco, knowing very well that any reasoning on this subject will not produce conviction. A danger of far greater interest to those concerned in the preservation of the individual is the enfeeblement of the human mind, the loss of the powers of intelligence

and of moral energy; in a word, of the vigor of the intellect, one of the elements of which is memory. We are much deceived if the statistics of actual mental vigor would not prove the low level of the intellect throughout Europe since the introduction of tobacco. The Spaniards have first experienced the penalty of its abuse, the example of which they have so industriously propagated, and the elements of which originated in their conquests and their ancient energy. The rich Havanaese enjoy the monopoly of the poison which procures so much gold in return for so many victims; but the Spaniards have paid for it also by the loss of their political importance, of their rich appanage of art and literature, of their chivalry, which made them one of the first people of the world. Admitting that other causes operated, tobacco has been one of the most influential. Spain is now a vast tobacco-shop, and its only consolation is that other nations are fast approaching its level. Tobacco, as the great flatterer of sensuality, is one of the most energetic promoters of individualism—that is, of a weakening of social ties. Its appearance coincides fatally with reform and the spirit of inquiry. Man

inaugurates the introduction of logic in matters inaccessible, at the same time that, as Montaigne says, he gives way to a habit destructive to the faculty of ratiocination—a contradiction which shows us that necessity of defect by which he is tormented.”

Sir Benjamin Brodie, in speaking on the same subject says: “We may also take warning from the history of another nation who some few centuries ago, while following the banners of Solyman the Magnificent, were the terror of Christendom, but who since then, having become more addicted to tobacco-smoking than any of the European nations, are now the lazy and lethargic Turks, held in contempt by all civilized communities.”

OLD TOBACCO-USERS.

It is not hard to find an excuse for any habit, when one wishes to justify himself in a coveted indulgence. Here is one: “If tobacco is injurious to health, how is it that some who use it live to so great an age?” And then an instance is given of a person who lived a long time and was a constant user of the weed. To attempt to justify the habit

by a few such instances is only a subterfuge; it is not argument. Before it could be given the weight of reason it would be necessary to show that such a one would not have lived longer and happier and to more purpose if he had not been a user of tobacco. There are many lives from which five or ten years might be taken, and still they would reach beyond man's allotted time. Who can say that an old tobacco-user would not have been an older non-tobacco-user? An eminent physician says in regard to this that, "owing to the wonderful power of toleration in the system, there are occasional instances of long life among tobacco-users, as among drinking men and opium-eaters; yet it is, with some exceptions, only a dragging, half-and-half life, the natural and moral forces being greatly diminished."

George Trask thus disposes of the same plea, when the case of a smoker who had lived one hundred and four years was brought up. After making several inquiries in regard to the man he summed it up: "In a word, did he love anybody or hate anybody, dead or alive, in this world, or in any world?" "I think not." "Well, well, your

old man died fifty years ago, and your only mistake was that you didn't bury him?" *

IF INJURIOUS, THEN WHY USED?

Simply on account of the almost universal ignorance as to its harmful effects. There is not one person in ten who has an idea of the injury the use of tobacco may bring about. A son sees his father using it, and this is sufficient proof to him that the habit is both harmless and manly. The father tells him no better, because he probably knows no better; and so a habit is acquired which soon gains the mastery over him. Intelligent, well-informed men are often surprised when told that tobacco is one of the most subtle of poisons. Physicians, from whom light should have come, have for the most part been silent; and not only this, many add the weight of their example in favor of its use.

James Parton gives an explanation of its use which is worthy of thought. He says: "But in our civilized, sedentary life he who would have good health must fight for it. Many people have the insolence to become parents who have no right

* "The Tobacco Problem," p. 243.

to aspire to that dignity; children are born who have no right to exist; and skill preserves many whom nature is eager to destroy. Civilized man, too, has learned the trick of heading off some of the diseases that used to sweep over whole regions of the earth, and lay low the weakliest tenth of the population. Consequently, while the average duration of human life has been increased, the average tone of human health has been lowered. Fewer die, and fewer are quite well. Very many of us breathe vitiated air, and keep nine-tenths of the body quiescent for twenty-two or twenty-three hours out of every twenty-four. Immense numbers cherish gloomy, depressing opinions, and convert the day set apart for rest and recreation into one which aggravates some of the worst tendencies of the week, and counteracts none of them. Half the population of the United States violate the laws of nature every time they take sustenance; and the children go, crammed with indigestion, to sit six hours in hot, ill-ventilated or unventilated school-rooms. Except in a few large towns, the bread and meat are almost universally inferior or bad; and the only viands that are good are those which

ought not to be eaten at all. At most family tables, after a course of meat which has the curious property of being both soft and tough, a wild profusion of ingenious puddings, pies, cakes, and other abominable trash beguiles the young, disgusts the mature, and injures all. From bodies thus imperfectly nourished we demand excessive exertions of all kinds. Hence the universal craving for artificial aids to digestion, hence the universal use of stimulants — whisky, Worcestershire sauce, beer, wine, coffee, tea, tobacco. This is the only reason I can discover in the nature of things here for the wide-spread, increasing propensity to smoke. As all the virtues are akin, and give loyal aid to one another, so are all the vices in alliance and play into one another's hands. Many a smoker will discover, when at last he breaks the bonds of his servitude, that his pipe, trifling a matter as it may seem to him now, was really the power that kept down his whole nature and vulgarized his whole existence. In many instances the single act of self-control involved in giving up the habit would necessitate and include a complete regeneration, first physical, then mental."

Sometimes the use of tobacco is recommended by a physician for some ailment, and once begun its use is continued for the remainder of one's days. Granting, for the sake of the argument, that so powerful a drug as tobacco should sometimes be smoked or chewed as a medicine, yet it should not be exempt from the rule of use that applies to other drugs. When a physician prescribes belladonna for an ailment, if it be the proper medicine it accomplishes the purpose for which it is used, and then its use is discontinued. But, if after sufficient trial, it does not effect a cure it is discontinued, because trial has shown that belladonna is not the remedy that is needed, and something is substituted for it. So it is with other drugs; so it ought to be with tobacco. But the truth is that when tobacco is thus prescribed, by the time the wisdom or unwisdom of the prescription is shown it has often gained such a hold on its victim that he either cannot or will not give it up.

The fact mentioned above, that *physicians sometimes prescribe it*, deserves a word. Sometimes they do it wisely; I have known cases where it was done unwisely. It is not too much to say that

when physicians prescribe tobacco they do not always know what they are doing. It may be there are some like the doctor who, having prescribed smoking in a certain case, was afterward called on to give the medical properties and value of tobacco. His reply was: "I have not paid sufficient attention to the subject of smoking to make my opinion of the slightest value." And yet he prescribed it! Furthermore, a devotee of the weed is not always the best one to give an intelligent opinion as to whether or not tobacco should be used in a certain case. Physicians should be cautious before they recommend, and patients careful before they use as a medicine, so powerful and deceptive a drug as tobacco.

WHO ARE MOST INJURED BY TOBACCO?

While no one can use tobacco without more or less injury, yet it is true that some are injured more immediately, as well as more in the aggregate, than are others. The same is true of every other dissipation and abuse of the human constitution. Temperament, the amount of tobacco used, strength of constitution, and mode of life, are all factors which

enter into the determination of the question. But, as a rule, who are most injured by it?

Dr. W. A. Alcott says: "If we speak with reference to the general employments of mankind, it is probably true that sedentary persons, especially literary men, are the greatest sufferers from the use of tobacco; and of this large class of persons those individuals are most largely injured who are predisposed to glandular swellings, polypus, cancer, scrofula, or consumption. Farmers suffer less from tobacco, most evidently, than men of any other occupation. There is nothing that works off disease, or rather the tendency to disease, like a free daily use in the open air of the muscles with which the human frame is furnished. These, in truth, may be regarded as the safety-valve of the system; and happy is he who makes them subserve this their legitimate purpose. If we speak with reference to age, old persons suffer least, and children most, from the use of tobacco; and of the young they suffer most who are constitutionally *nervous*. Yet these, as a general fact, in youth and in more advanced age, are the very persons who are most liable to become enslaved. Females suffer more than

males from the use of tobacco; though it is believed that in the use of the pipe fewer of them proceed to excess than of the other sex, and very few indeed resort to chewing. But in the use of the snuff-box they are scarcely less at fault than the other sex; and their punishment is equally inevitable and equally severe."

ITS EFFECTS OFTEN APPEAR LATE.

A person has used tobacco for five, ten, or twenty years, and he can see no harm it has done him; therefore the inference: "Tobacco is harmless." There is a disinclination to look at tobacco as we look at other poisons. It is a well-known fact that the devotee of beer or whisky may sometimes drink for years with little apparent effect or injury to himself. But at length, when the constitution has resisted the encroachments of the poison until it is no longer able to hold out, the crash is often sudden and appalling. De Quincey, in his "Confessions," tells us that the happiest year of his life was after he had been using opium for several years. The exhilarating effects of the drug were felt; its depressing consequences came afterward, when the

vital powers were no longer able to hold out under the strain, and the reaction was terrible. Alcohol and opium are "cumulative poisons," whose injurious effects are not quickly seen; but this fact does not make them any the less injurious. Tobacco belongs to the same class of poisons.

One of the most eminent of Southern physicians, Thomas L. Maddin, says: "It rarely makes many tracks until it comes to these citadels* of life;" and another, from the North, equally eminent—Willard Parker—says: "The poison is slow, but in the second or third decade its virus becomes manifest."

The words of the wise man in Ecclesiastes are pertinent: "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil."

Let not the young and middle-aged, because they have not yet felt the evil effects of the use of tobacco, congratulate themselves too soon on their escape. The poison is working, it will finally tell—and "the duty of abstaining from the slow killing of one's self by tobacco is as clear as the duty of not cutting one's throat."

* He is speaking of the nerves.

In discussing physical health and vigor as affected by tobacco the author has been careful to draw his testimony from reliable sources. The indictment against the weed is a strong one; on few subjects would it be possible to bring a stronger array of evidence. And yet the subject has not been exhausted. Only salient points have been touched, and much that might be said on minor questions has been omitted. The worst effects as here given would follow only on the excessive use of tobacco, and not every one is an excessive user of it; but even moderation will bring a moderate degree of harm. The evidence is clear here—*no user entirely escapes*. The question of physical injury, in short, resolves itself to this: If one wishes to blunt the sensibilities, and render himself partly oblivious to the flight of time; to make himself more subject to disease; and in the end to bring on premature old age and death—then tobacco will help him to accomplish these. If a man wants to retain as long as possible his elasticity and strength; to live the purest, cleanest, and to the best effect; if he has a work to do, and wants to do it quickly and well—then the less tobacco he uses the better it will be for him.

CHAPTER IV.

Effects of Tobacco on the Mind.

IT is needless to affirm the close connection existing between the body and mind. It is well known that what detracts from the health and vigor of one tends to weaken the other. Pull down the body, and you at once knock the stays from under the mind. The mind is prepared to do its best work only when the body is in perfect health, and *vice versa*.

In the last chapter we saw that the use of tobacco does injure the health, and renders the vital organs less able to perform their proper functions. Would it not be strange if this physical injury did not also extend to the mind? Furthermore, it is to be remembered that tobacco acts directly upon the nerves; and the user of the weed knows this, independently of the large number of physicians who have spoken. The nerves lead to the spinal cord and the brain, and no physiologist would venture to say that what unsteadies one does not injuriously

affect the other. No mind can do its best work—no mind can do steady, reliable, rapid, long-continued work—when the nerves, which may almost be said to feed the mind, are in a flutter. Again, carry this nerve-disturbance to its greatest extent, and, so far as performing its proper offices is concerned, the mind is as helpless as a rudderless vessel in mid-ocean. Attention never having been directed to the subject, we might be inclined to doubt that tobacco ever dethrones, or even greatly injures, reason; but if the reader wants confirmation of the fact that it is a nerve-disturber, let him turn to Chapter III., and see what those who have studied the subject say about it; and then if he doubts that tobacco ever goes so far as to cause mania, he has there the testimony of men whose evidence he cannot doubt. But no reader of this ever expects to be an occupant of a mad-house; much less does he think of being driven there by the quid or the pipe. Does tobacco injure the mind to such an extent that, as a reasonable man, I ought to abstain from its use? In this question we are all interested.

The *Dublin University Magazine* says: "The

mental power of many a boy is certainly weakened by tobacco-smoking. The brain under its influence can do less work, and the dreary feeling which is produced tends directly to idleness. For all reasons it is desirable that our rising generation should be abstainers from tobacco."

The *Scalpel*, in speaking of the decay of the senses caused by the use of tobacco, says: "If there is a vice more prostrating to the body and mind, more crucifying to all the sympathies of the spiritual nature of man, we have yet to be convinced of it."

Professor Hitchcock says: "Intoxicating drinks, opium, and tobacco exert a pernicious influence upon the intellect. They tend directly to debilitate the organs; and we cannot take a more effectual course to cloud the understanding, weaken the memory, unfix the attention, and confuse all the mental operations than by thus entailing on ourselves the whole hateful train of nervous maladies. These can bow down to the earth an intellect of giant strength, and make it grind in bondage like Samson shorn of his locks and deprived of his vision. The use of tobacco may seem to soothe the

feelings and quicken the operations of the mind; but to what purpose is it that the machine is furiously running and buzzing after the balance-wheel is taken off?"

Surgeon McDonald says: "I may mention a curious fact not generally known, but which requires to be tried only to be proved—viz., that no smoker can think steadily or continuously on any subject while smoking. He cannot follow out a train of ideas; to do so he must lay aside his pipe."

Dr. Alcott says: "No class of men, *as a class*, think more tardily than old tobacco-mongers, especially chewers. One may well be astonished at the slowness of their intellectual movements—as if some mighty load were upon them pressing them down."

That great thinker and observer, Lord Bacon, probably knew what he was about when he said: "To smoke is a secret delight, serving to steal away men's brains."

"Tobacco is also a brain-poison. It injures the brain and weakens the nerves. When much used it causes loss of memory. It makes many who use it peevish and dissatisfied when for any reason they

are without it for a short time. Like the other narcotics, appetite for it grows stronger constantly, and the more the appetite is satisfied the worse is the tobacco-user's condition." *

In an address before the graduating class of the law department of Wisconsin University Ex-senator Doolittle said: "I verily believe that the mental force, power of labor, and endurance of our profession is decreased at least twenty-five per cent. by the use of tobacco. Its poisonous and narcotic effects reduce the power of the vital organs and tend to paralyze them, while the useless consumption of time and money takes away twenty-five per cent. of the working-hours, if does not consume the same amount of the earnings."

Dr. Alcott says: "Nothing is more common than to hear old tobacco-chewers and snuff-takers complain of a bad or defective memory. Indeed, tell them beforehand that tobacco injures them, and they will not be apt to make the confession. But only take them when they are off their guard, and no acknowledgment is more common."

* "Health Lessons for Beginners," p. 76.

ITS EFFECTS IN THE SCHOOL-ROOM.

Professor Bancroft, Principal of Phillips Academy, Andover, Mass., says: "Tobacco is the bane of our schools and colleges, and increasingly so. Teachers who have given any attention to the subject agree that boys go down under its use in scholarship, in self-respect, in self-control. It takes off the fine edge of the mind, injures the manners, and dulls the moral senses. School disorders are always rank with the fumes of tobacco. We can select the boys who smoke heavily by a certain hesitation in answering questions, by a peculiar huskiness of voice, by a dullness of complexion, by a tremor of the hand."

Richard McSherry, President of the Baltimore Academy of Medicine, says: "The effect of tobacco on school-boys is so marked as not to be open for discussion."

A prominent teacher of Syracuse says: "After long experience I have come to the conclusion that many boys from all departments of the public schools become incapable of prolonged mental effort and are lacking in refinement and in interest and attention to school duties in consequence of the

use of tobacco, and that many of the failures in promotion from year to year are due to the same cause."

The following facts are taken from an excellent pamphlet on the tobacco question by J. B. T. Marsh: "Every one knows how smoking prevails in the English universities. Yet it is said that nine-tenths of the first-class men at Oxford and Cambridge are non-smokers. Perhaps you have seen some suggestive statistics bearing on the relations of tobacco to scholarship, which were taken at Yale College a year or two ago. It seems that each class at Yale is graded in four divisions according to scholarship, the best scholars being in the first division, while the fourth is made up of those who are barely able to 'hang on by their eyelids.' The census of one class showed that only ten out of the forty in the first division were addicted to smoking. In the second division eighteen out of thirty-seven used tobacco; in the third, twenty out of twenty-seven; in the fourth, twenty-two out of twenty-six. It might be rash to say that this was a clear case of cause and effect, but I am sure it would be more rash to deny any such rela-

tion. In the same line is another fact, which is a matter of history. In 1862 Emperor Louis Napoleon had his attention called to the phenomenon that there were more than five times as many paralytics and lunatics in the hospitals of France as there were thirty years before, and that the increase of Government revenue from the tobacco monopoly had risen meanwhile in almost the same proportion. He appointed a commission of scientific men to examine whether this was a case of cause and effect, or only a coincidence. They devoted their special attention to the young men in the Government training-schools. Dividing the students into two classes, smokers and non-smokers, they found the latter so much superior, both physically, mentally, and morally, that the emperor at once prohibited the use of tobacco by the students in these schools, breaking the pipes of thirty thousand young men in one memorable day in Paris alone. When I hear any one 'sniffing' at the rule enforced in some of our Western colleges forbidding the use of tobacco by students I always take pleasure in referring them to Louis Napoleon. He was not supposed to be fussy or puritanical."

"The pupils of the Polytechnic School in Paris have recently furnished some curious statistics bearing on the tobacco controversy. Dividing the young gentlemen of that college into two groups—smokers and non-smokers—it is shown that the smokers have shown themselves in the various competitive examinations far inferior to the others. Not only in the examinations upon entering the school are the smokers in a lower rank, but in the various ordeals that they have to pass through in a year the average rank of the smokers had constantly fallen (and not inconsiderably), while the men who did not smoke enjoyed a cerebral atmosphere of the clearest kind."*

TRYING BOTH SIDES.

Some have tried both sides, and are able to speak from experience. Of those who have spoken three are selected—not that they are exceptional cases, but because they are persons who are well known.

James Parton, in "Smoking and Drinking," p. 51, gives his experience: "As I have now given a trial to both sides of the question, I beg respectfully

* From the *Globe*, also the *Dublin Medical Press*.

to assure the brotherhood of smokers that it does *not* pay to smoke. It really does not. I can work better and longer than before. I have less headache. I have a better opinion of myself. I enjoy exercise more, and step out much more vigorously. My room is cleaner. The bad air of our theaters and other public places disgusts and infuriates me more, but exhausts me less. I think I am rather better-tempered, as well as more cheerful and satisfied. I endure the inevitable ills of life with more fortitude, and look forward more hopefully to the coming years. It did not pay to smoke, but most decidedly it pays to stop smoking."

Rev. P. S. Henson, D.D., reared on a tobacco-plantation, was for more than twenty years "the most abject and inveterate of slaves" to his cigar. After a severe struggle he overcame the habit. He says: "This week concludes the twelfth month not of an experiment (for I am not experimenting), but of an *experience* which to me has been a new life full of joy and blessing. Like the three young Hebrews, I am fairer and fatter in flesh; and, if my whole life-work is not being better done, and upon a higher plane, as I hope it is, I have a 'com-

fort in my conscience' which is to me of incalculable value." *

Dr. T. De Witt Talmage, in his sermon on "Cancers from Tobacco" (heretofore referred to), says: "I might, in a word, give my experience. It took ten cigars to make a sermon. I got very nervous. One day I awakened to the outrage I was inflicting upon myself. I was about to change settlements; and a generous wholesale tobacconist in Philadelphia said that if I would only go to Philadelphia he would provide me with cigars all the rest of my life free of charge. I said to myself: 'If I smoke more than I ought to in these war times, when cigars are so costly and my salary so small, what would I do if I had a gratuitous and illimitable supply?' And then and there, twenty-four years ago, I quit once and forever. It made a new man of me; and though I have since then done as much hard work as any one, I think I have had the best health that God ever blessed a man with. . . . I know from personal experience how it smooths

* Dr. Henson's "What I Know about Tobacco" is instructive. (National Temperance Society and Publication House, New York.)

and roseates the world and kindles sociality, and I know what are its baneful results. I know what it is to be its slave, and I thank God that I know what it is to be its conqueror."

FAMOUS USERS OF TOBACCO.

It would be the utmost folly to deny that there have been useful and eminent men who have been consumers of tobacco; but it would be an absurd fallacy to draw the inference that tobacco does not injure the mind from the fact that there have been such men. And yet men do very often reason thus on this question, as well as on many kindred ones: "Mr. Blank was a hard drinker, but he was a master of men; therefore whisky is harmless. De Quincey ate opium, but he is one of the clearest writers in the English language; therefore opium helps to authorship!" Honest men despise such a subterfuge, and are willing to look at facts in the light of reason. True, it is possible to rise to eminence, and still be a user of whisky or tobacco or opium or the victim of almost any other bad habit. But it is not saying too much to affirm that the slave of any of these (other things being equal)

will not rise so easily or so rapidly, or maintain his eminence so long, as one who is free from all these habits. In the light of what has gone before, and guided by common sense, the conclusion is almost inevitable that any eminent user of tobacco would have been more eminent—would have been able to do more and better work—if he had been free from the habit. Denying this conclusion, the only alternative left is to declare that all who have testified to the harmfulness of tobacco do not know what they are talking about. Thinking men, who are unprejudiced, will not be able to do this.

A quotation from Dr. Fowler will close this chapter: "The actual loss of intellectual power which tobacco has hitherto occasioned, and is still causing in this Christian nation, is immense. *How* immense it is impossible to calculate. Many a man who might have been respectable and useful has sunk into obscurity, and buried his talents in the earth. This is a consideration of the deepest interest to every philanthropist, patriot, and Christian in the land, and especially to all our youth. We live at a time and under circumstances which call for the exertion of all our intellectual strength,

cultivated, improved, and sanctified to the highest measure of possibility. Error, ignorance, and sin must be met and vanquished by light and love. The eyes of angels are upon us, the eye of God is upon us; and shall we fetter and paralyze and ruin our intellectual capabilities for the sake of enjoying the paltry pleasure of tasting the most loathsome and destructive weed in the whole vegetable kingdom? Rather let us shake off this abominable practice as individuals and as a nation, in all our intellectual potency, and let us go forth from day to day untrammelled by the quid, the pipe, and the snuff-box, and before another generation shall be laid in the grave our efforts and our example may cause the light of human science and of civil and religious liberty and of Bible truth to blaze through all our valleys and over all our hills, from Greenland to Cape Horn, with a luster that shall illuminate the world."

CHAPTER V.

Heredity.

IT has been shown by competent witnesses that tobacco is hurtful to body and mind. This being the case, another question arises here: Does this harm stop with the person who uses the tobacco, or, following the law of heredity, may it extend to one's children also? That there is abundant room for such inquiry no one who has carefully observed the laws of nature can doubt.

1. Victims of alcohol and opium have not the strength to generate children who are physically and mentally equal to the offspring of temperate parents; and furthermore it is observed that such children often seem to have a natural craving for the stimulant of their fathers. No one expects the child of an idiot to have a bright mind. The child conceived when one or both parents are in poor health, physically or mentally, cannot be expected to be the equal of the child of more favorable surroundings. Consumption, scrofula, insanity, and a

dozen other diseases and idiosyncrasies of body and mind are transmitted.

2. The general law of heredity is that, unless there are helping or hindering circumstances, offspring will not rise far above or sink far below the level of their parents. Of course there may be occasional exceptions, but the close observer needs no argument to prove a rule that is written on the minds and bodies of every generation since Adam.

Looked at in this light, the question is one of importance; for no person, however regardless he may be of self, should be willing to visit the result of his iniquities upon the innocent unborn of another generation. "Is the harm I am doing myself by the use of tobacco liable to be transmitted to my children?" The appeal is again to those who have observed and studied the question.

Dr. Hall: "The patient whose blood and secretions are saturated with tobacco, and whose brain and nervous system are narcotized by it, must transmit to his child elements of a distempered body and an erratic mind—a deranged condition of organic atoms, which elevates the animalism of future being, at the expense of the moral and intellectual nature."

The following is from "Facts about Tobacco:" "Persons inheriting good constitutions, of laborious life in the open air, will manifest for years comparatively little conscious injury from their vices, while children born to them grow up from birth sickly, weakly, nervous, with hereditary taints, and sometimes epileptics and imbeciles! And these known results might be inferred from the well-known fact that tobacco chewed is quickly absorbed into the system from the mouth, deranges the action of the heart, is an energetic depressant of the nervous system; while habitual smoking carries the deadly nicotine through the lungs into the arterial blood, depraving the very springs of life. Were it not that mothers are generally of purer life and purer blood than fathers, these deplorable results to the offspring would be far more extensively manifest than now."

Says Dr. J. Pidduck in the *Lancet*: "If the evil ended with the individual who by the indulgence of a pernicious custom injures his own health and impairs his faculties of mind and body, he might be left to his enjoyments—his 'Fool's Paradise'—unmolested. This, however, is not the case. In no

instance is the sin of the father more strikingly visited upon his children than the sin of tobacco-smoking. The enervation, the hypochondriasis, the hysteria, the insanity, the dwarfish deformities, the consumption, the suffering lives and early deaths of the children of inveterate smokers bear ample testimony to the feebleness and unsoundness of the constitution transmitted by this pernicious habit."

"A leading physician in one of our largest cities, in speaking of those who have indulged in the use of tobacco for years with seeming impunity, adds: 'But I have never known ~~an~~ habitual tobacco-user whose children, born after he had long used it, did not have deranged nervous systems and sometimes evidently weak minds. Shattered nervous systems for generations to come may be the result of this indulgence.'"*

Brodie: "This is a sin which affects the third and fourth generation."

Dr. Richardson, in his "Diseases of Modern Life," gives it as his opinion that if a community of youths of both sexes, whose progenitors were finely formed and powerful, were to be trained to

* "The Tobacco Problem," p. 89.

the early practice of smoking, and marriage were to be confined to these, a physically inferior race of men and women would be bred."

The following, from "Alcohol and Tobacco," shows the extent to which the injury may go when the use of tobacco is begun in early life, and is carried to excess: "The tobacco-smoker, especially if he commences the habit early in life, and carries it to excess, loses his procreative powers. If he marry he deceives his wife, and disposes her to infidelity, and exposes himself to ignominy and scorn. If, however, he should have offspring, they are generally either cut off in infancy or never reach the age of puberty. His wife is often incapable of having a living child, or she suffers repeated miscarriages, owing to the impotence of her husband. If he have children, they are generally stunted in growth or deformed in shape, are incapable of struggling through the diseases incidental to children, and die prematurely. And thus the vices of the parent are visited upon the children, even before they reach the second or third generation. I have constantly observed that the children of habitual smokers are, with very few exceptions, im-

perfectly developed in form and size, very ill or plain looking and delicate in constitution. A good man, unconscious of the wrong he was doing, smoked for many a year, often suffering intensely but without understanding the cause. A tract on the subject which fell into his hands brought him needed light and led him to give up tobacco. This prolonged his life, but the change came too late for his son, who, as a consequence of his father's habit, inherits an impaired constitution. A life-long sufferer on this account, he is untiring in his efforts to convince others of the great evil of the tobacco habit, declaring that he is 'before Richmond on this question until the King of battles gives him an honorable discharge.' " *

The eminent New York physician, John Cowan, says: "Of all the harm done by the use of tobacco the greatest harm and the mightiest wrong is that of transmitting to the unborn the appetite for the filthy, disease-creating, misery-engendering drug."

A writer in the "Tobacco Problem" says: "The men of the West are not only filling themselves with this horrid poison, but in numberless ways are

* "The Tobacco Problem," pp. 90, 91.

transmitting the deadly influence to their offspring. How any man who knows that the condition of the parent influences for good or ill his offspring can become the father of children while his system is so dominated by this powerful narcotic that abstinence for twenty-four hours nearly sets him crazy I cannot conceive."

Says the *Journal of Science and Health*: "There are Christian and temperance men who are trying to redeem the world from sin and drunkenness, yet who are begetting children so depraved in their physical organization that their desire for stimulants is almost impossible for them to resist."

Meta Lander: "An authentic account is given of the child of an inveterate smoker—a mere infant, whose stomach rejected food, and who was pining away for lack of nourishment. To quiet it, the father held a cigar between its lips. The babe greedily sucked it, and by means of the *stimulus* was able to take food. But this tobacco, for which it inherited so unnatural a craving, proved a necessity. It could not get on without it. I hardly need add that under its influence the child grad-

ually became dwarfed and idiotic. 'The fathers have eaten sour grapes, and the children's teeth are set on edge.' Are we doomed in the future to have a race of idiots?"

Dr. Pidduck, before quoted in this connection, raises a pertinent question and answers it: "How is it, then, that the Eastern nations have not ere this become exterminated by a practice which is almost universal? The reply is that by early marriage, before the habit is fully formed, or its injurious effects decidedly developed, the evil to the offspring is prevented; but in this country, where smoking is commenced early and marriage is contracted late in life, the evil is entailed in full force upon the offspring. Adulterations of all kinds are bad enough, but the adulteration by a narcotic—poisoning the life at its source (the breath) and in its course (the blood)—is worse than all. By these adulterations the health of the community is injured; by this a man injures his own health and that of his children. Ought not this consideration to restrain every wise and good man from contracting or continuing such a senseless and destructive habit of self-indulgence? For old men

smoking may be tolerated, but for young men and boys it cannot be too severely reprobated."

For some time I have noticed the operation of this law in several families with which I am acquainted. I cannot say that my conclusions in each particular case are correct, for there may have been peculiar and unknown causes working to bring about the effects observed; but I *do* know that in several cases where children have been mentally and physically inferior to their parents, the most probable and apparent cause has been the excessive use of tobacco on the part of one or both of the parents. I might give several cases, but one is sufficient for present purposes, and the reader can draw his own conclusions: The family consists of father, mother, and nine children. The father has been (he is now getting old) a strong, healthy, active man, who could 'outjump and outrun almost any opponent, and could pick three hundred pounds of cotton per day.' He has a sound, though imaginative, mind. The quid or the pipe is his constant companion. His wife is a good average in health and strength, and also has a sound mind. Here the use of tobacco is mainly confined to snuff. Of

the five boys (the youngest has nearly reached his majority) not one has the strength and endurance of his father, while not more than one of the girls is the equal of her mother. It would be liberal to say that in body and mind three of the nine reach mediocrity. Four of them are almost physical and intellectual dwarfs. I went to school with some of these, and am witness to the fact that with two of them the mastery of the multiplication table was a mental height to which they could not reach. When only a few years old they seemed to have a natural desire for tobacco. When the family credit was good I have known them to buy on an average two dollars' worth of tobacco per week, for they all used it. As a whole the younger children are inferior to the older ones in development. Several of these nine children have married, and it is a significant fact that almost, if not quite, half the children born to these parents have been still-born or have died in infancy.

As stated before, other causes may have operated to bring about this unnatural state of affairs; but, in the light of all the facts, to deny that the use of so powerful a drug as tobacco has not had its inju-

rious effects, when used in such quantities, would be the sheerest folly. The amount of harm that may be done to one's offspring by the use of tobacco is determined by circumstances. Other things being equal, the children of excessive users of tobacco are more injured than are those of moderate users; and where its use extends to both parents the evil is much aggravated. But the moderate user of tobacco cannot flatter himself that his children will escape the consequences of the sin of their father; for when God wrote that he would visit "the iniquity of the fathers upon the children" he made no exceptions.

It may be thought that it is going too far to class the use of tobacco, in this connection, as a sin; but who can look at it soberly and in the light of reason and put it on a higher plane? If the harm ended with the individual user, it *might* be classed otherwise; but when the health and happiness of unborn children are involved no person has the right to indulge any habit that will bring the least injury upon them. True, many good fathers—and mothers too—have used tobacco, and have died and gone to heaven unconscious of the suffering they

have bequeathed to others. But when one's attention has been directed to this subject, to be guilty of it is an outright, unpardonable sin. Millions of children are to-day sufferers because their parents have been conscious or unconscious sinners. We need an enlightening and awakening along here; for, in the awful words of South, the children of the victims of this and some other bad habits are "not so much born into the world as damned into the world."

We sometimes hear parents bemoaning their sad lot because "God, in his wise providence, has seen fit to take a dear one from earth to heaven;" and they comfort themselves with the assurance that he does all things well. There is comfort in such thoughts when afflictions come; the gospel of Christ furnishes a balm for bereaved and troubled hearts which nowhere else can be found. But the devotee of tobacco has no right to such comfort. When his children die young or, being spared, are doomed to drag out a puny, half-handed existence, let him not ascribe it to "God's will," but think of it as the legitimate result of his own self-indulgence. Here is sorrow where the sting is sharpened and comfort is taken away.

CHAPTER VI.

Tobacco and the Young.

THE effect of tobacco upon youth is more and more becoming a serious consideration, because its use is rapidly extending among boys. To their credit it may be said that they do not very quickly take to chewing, but the cigarette is their delight. The extent to which tobacco in this form is coming to be used by boys (and even children) in our towns and cities is alarming. Scenes of cigarette-smoking, such as are now common in our streets, alleys, and play-grounds, were rare when our fathers were boys. Now in many of our towns the majority of boys over twelve years of age smoke, and some begin at a much earlier age. They generally commence to smoke where father and mother cannot see, for even the youthful conscience does not always sanction a habit that is recommended by the example of older persons. But they soon grow bold and become proud of a habit which at first they would conceal.

It is remarkable how rapidly the cigarette habit has grown. Twenty-five years ago the Government did not derive a cent of revenue from this source. The first returns for cigarettes were made in 1865, when \$14,944.95 was collected. The "Report of the Commissioner of Internal Revenue" of the United States for the fiscal year ending June 20, 1887, which gives the amount of revenue derived from cigarettes for each year since then, is interesting, as it gives an idea how the manufacture and consumption has increased. Here are some of the figures:

For 1870.....	\$ 21,426 17
For 1875.....	65,443 42
For 1880.....	715,267 39
For 1885.....	529,535 88
For 1887.....	792,279 60 *

*These figures do not give a true idea of the relative increase. They give the total amount of revenue derived from this source, and this has varied from year to year on the amount collected per thousand cigarettes. The following figures give the revenue collected per pound on manufactured tobacco for the fiscal years above, and it is fair to assume that the revenue collected from cigarettes has varied in about the same proportion: Amount collected per pound on manufactured tobacco in 1870, 26 cents; 1875, 21 cents; 1880, 16 cents; 1885, 8 cents; 1887, 8 cents. So, while the figures show a great increase in the amount

According to the same report the number of cigarettes manufactured during the fiscal year ending June 30, 1887 (not including the large number made by the smoker himself), was 1,584,505,200—an increase over the previous year of 273,420,100. Simply taking the above figures as a basis, in the eighteen years from 1870 to 1888 the increase in the number of cigarettes used has been more than thirty-six fold. In the light of all the facts, what thinking man can fail to be solicitous for the future? for never before was smoking so common among our boys and young men. It is a well-known fact among physicians that before the full maturity of the body is attained the use of the smallest amount of tobacco is hurtful. It could not be otherwise with an agent that so powerfully affects the circulatory and nervous systems. Its use is bad at any time, but it is doubly so in youth.

Dr. Fergusson says: "I believe that no one who

collected, the difference is much greater in the taxed cigarettes that are here represented. This reduction in amount of revenue collected per thousand cigarettes will account for the falling off in amount of revenue collected in 1885. The actual amount of cigarettes used in 1886 was greater than that of 1880, though the revenue was less.

smokes tobacco before the bodily powers are developed ever makes a strong, vigorous man."

"Youths are affected far more than men by tobacco. They accustom themselves to it more slowly, and for a long time it frequently lessens their appetite. When a boy takes to smoking he becomes pale, and has an unhealthy skin. And besides, boys who smoke weaken their muscles, and are consequently much less disposed to bodily activity. Smoking, then, interferes with appetite, impairs bodily activity, and in some way must damage the circulation and the composition of the blood. Add to this the fact that a young man, without the least good to himself, is forming a habit which will become a great burden, and is spending money for which there are so many better and more pleasing uses. Is it not wise to keep from a practice which brings with it very certain harm?" *

Dr. B. W. Richardson: "The effects of this agent, often severe even on those who have attained to manhood, are especially injurious to the young. In these the habit of smoking causes impairment of growth, premature manhood, and physical prostration."

* "Health Lessons for Beginners," p. 39.

The following is from the "Report of the Medical Director of the United States Navy:" "The pernicious effects of tobacco on the generative functions is authoritatively asserted by Acton, who declared: 'I am quite sure that excessive smokers, if quite young never acquire, and if older rapidly lose, their normal virile powers.'"

Dr. Rush: "Who can see groups of boys of six or eight years of age in our streets smoking cigars, without anticipating such a depreciation of our posterity in health and character as can scarcely be contemplated at this distance without pain and horror?"

The *Dublin University Magazine* says: "The mental power of many a boy is certainly weakened by tobacco-smoking. The brain under its influence can do less work, and the dreary feeling which is produced tends directly to idleness. For all reasons it is desirable that our rising generation should be abstainers from tobacco."

Dr. Waterhouse: "I never observed such pallid faces and so many marks of declining health, or ever knew so many hectic habits and consumptive affections as of late years; and I trace this alarm-

ing inroad on *young constitutions* principally to the pernicious custom of smoking cigars."

Dr. Lizars: "The injury done to the constitution of the young may not immediately appear, but cannot fail ultimately to become a great national calamity."

Dr. T. M. Coan has an article in *Harper's Young People* on cigarette-smoking by boys. Among other things he says: "Suppose a boy has a lot of good cigarettes, and smokes a few of them every day. Is there any injury in this? I can tell you, for I have had such boys for patients. Such smoking, even in so-called moderation (as if there were any such thing as moderation in stimulants for the young!), will do three things for him: 1. It will run his pulse up to one hundred or more per minute. 2. It will reduce his weight below the healthy standard. 3. It will reduce his strength and general vitality, as will appear in his pale complexion and his diminished appetite. . . . Cigarette-smoking is one of the worst of habits, physically, that a boy can form. It injures the heart and the digestion, and it tends to check the growth. It gives a lad false and silly notions, and it does not bring him into good compa-

ny. I am not of those who think that severe measures are often necessary in the management of children that receive a careful and affectionate training. But if in some cases nothing else will do, it is well to consider that 'a switch in time saves nine.'"

Dr. H. V. Miller, of Syracuse, furnishes the following from reliable records: "A French physician investigated the effect of tobacco-smoking upon thirty-eight boys, between the ages of nine and fifteen, who had formed this habit. The result was that nineteen showed marked symptoms of nicotine poisoning, serious derangement of the intellectual faculties, and a strong desire for alcoholic drinks; three had heart disease; eight, decided deterioration of the blood; twelve had frequent nose-bleed; ten, disturbed sleep; and four, ulceration of the mucous membrane of the mouth." *

Horace Mann had convictions on this subject. Addressing the teachers of Ohio on the evil, he said: "It should be not only denounced, but the student who uses it should be expelled on the ground that the practice is unfit for a scholar and a gentleman."

Meta Lander says: "The professors in the uni-

* From "The Tobacco Pest" (Pamphlet).

versity and high school at Ann Arbor, Mich., who have had a long experience among thousands of young men, regard this weed as having a worse effect than even liquor, affirming that more young men break down in body and mind, and finally go astray, as the result of smoking than of drinking, while the former often leads to the latter."

These are but a few of the testimonials that might be given. Do parents know the facts in regard to the use of tobacco by their sons? The sons do not, because the example of parents whom they trust is sufficient assurance to them that tobacco is harmless. But I have sufficient faith in our boys to believe that if they knew that by the use of tobacco they are dwarfing themselves, physically and mentally, and lessening their chances of success in after life they would not use it; or, having begun, they would give it up. On whom lie the sins of this ignorance?

CIGARETTES.

Cigarettes have been spoken of as the chief form in which boys and many young men use tobacco. This particular form of the tobacco-habit deserves some attention. "Cigarette-smoking is regarded by

those who know of what material the cigarette is made as the most objectionable and injurious way in which the poisonous weed can be used. We need not go over that ground again, and tell our readers that the smoke of paper is even worse than that of tobacco in the *local* injury it causes; that the tendency of all cigarette-smokers is to inhale the smoke into the lungs, where it does much greater harm than it can do in the mouth; and that a cigarette is so little that one quickly finds the need of smoking a great many.*

"A chemist in New York City, who also had his own suspicions, purchased from prominent dealers a dozen packages of the highest-priced cigarettes. These he sent to an eminent chemist in another State for analysis, and was astounded by his report of the quantity of opium found in these standard brands. Dr. Lewis A. Sayre pronounces cigarettes to be worse for boys than pipes or cigars, and paper cigarettes to be worse than tobacco cigarettes, perhaps because the paper absorbs more of the nicotine; that they lead to a nervous trembling of the hands, and if used excessively will affect the memory.

* *Youths' Companion.*

Dr. Hammond bears testimony to the ill effects of cigarettes in the production of facial neuralgia, insomnia, nervous dyspepsia, sciatica, and an indisposition to mental exertion."

Dr. Dio Lewis says: "The cigarette mania is becoming serious. The millions consumed by the young men and boys of the country pass all belief. The statements about the opium and other drugs introduced into these cigarettes may or may not be true, but the tobacco in them is tobacco. Need we argue that the use of tobacco in this form is especially to be deprecated, since it is the vice of boys whose brains are in a very susceptible condition? The boy who indulges in cigarettes may win the admiration of other youngsters, but he will not increase the respect of his best friends, and will inevitably lessen his chances of success in life."

The following editorial paragraph is from the *Savannah (Ga.) Morning News*, of April 18, 1888: "The cigarette has got in its deadly work many times lately. Here are two instances: J. D. Melius, of Bridgeport, Conn., died last Saturday of nicotine poisoning. He had been in the habit of smoking about seventy-five cigarettes a day. A few days

ago a railroad conductor in New York became insane from overindulgence in cigarettes. The sale of cigarettes, however, continues to be brisk."

The same paper, of April 24th following, has this telegram: "Washington, April 23.—In the Senate to-day Mr. Chase presented a petition signed by 257 physicians, 86 pastors of Churches, and 554 superintendents, officers, and teachers of public schools of the District of Columbia, asking legislation to prohibit the sale of cigars, cigarettes, and tobacco to boys under sixteen years of age. He said that the signers of the petition had investigated the subject with great care, and had become impressed with the belief that the evil was very grave and serious. Mr. Stewart added that the use of cigarettes was destroying the rising generation and affecting injuriously the prosperity of the country. The petition was ordered printed as a public document."

Dr. Thomas A. Atchison is a professor in the Medical Department of the University of Nashville and Vanderbilt University, and is one of the leading physicians of the country. He says: "I take this occasion to say that cigarette-smoking is

the sum of all villainies and the crowning evil of the age, of which the blighting influence on the youth is becoming painfully manifest."

And so it is that not only is the use of tobacco by boys on the increase, but they are using it in its most injurious form. Heretofore the use of tobacco has been mainly confined to those whose bodily powers were developed; and therefore its injurious effects have not been so marked; but now it is striking at the roots of life—our boys. Great as have been its evil consequences in the past, they will be greater hereafter if the present order of things continues. Something ought to be done—*must be* done. We have been sleeping while this insidious foe of our youth and manhood has been getting in its work. People, and especially young people, need to be warned against this agent that brings no good and is the mother of so many ills. If parents know the injurious effects of tobacco, and do not warn their sons, they are untrue to them; if they do not and will not know, they are unworthy the high and holy position of parents.

ANOTHER PHASE OF THE QUESTION.

There is another phase of the question. A short

time since I was in a store in a small village, when two boys about twelve or thirteen years of age came in and asked for cigarettes. They were shown a package, paid five cents for it, and the first act after the purchase was to open the package and take from thence a picture. I asked the merchant about it, and he replied by showing me a dozen or more packages, each of which contained a small photograph of a female. To say that the figures were half nude is putting the case mildly. I inquired: "Do all cigarettes have these pictures with them?" He replied: "All ours do; if we were not to keep these, buyers would go to the other man [there was one other merchant in the place] to get them."

And so it is not enough to injure the health of body and mind of youth, but their morals must be corrupted. Let boys grow up under influences like this, and we will soon have a crowd of libertines who are unfit for society, because they would not scruple to destroy that which is its very foundation-stone. This question does not alone concern our boys, but it is one which puts in jeopardy the virtue of our girls. Let fathers and mothers be on their guard.

After seeing and hearing what I had, I was not surprised to learn that the town whose boys would not purchase any cigarettes which did not have these obscene pictures with them "has hardly a moral young man in it." "This is the most unkindest cut of all." Will parents and teachers and the ministry quietly submit?

CHAPTER VII.

Ladies and Tobacco.

THIS question is an important one to ladies, for what concerns their husbands and sons concerns them. It would be well if they were interested no further than this—if women were themselves free from the tobacco-habit. But this cannot be said.

During the fiscal year ending June 30, 1887, there were manufactured in the United States (besides what was exported) 6,561,778 pounds of snuff. This is used somewhere. As a Southerner my indignation has been aroused when the "snuffing" habits of our women have been held up to public gaze and ridicule. I wanted to deny it; but, having seen so much of it sold in our stores and used in the homes of the South, indignation had to give way to shame—not that its use is confined to the women of the South, for it is not. It is, however, probably true that more snuff is consumed in the South and some portions of the West, in propor-

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tion to the population, than in any other part of the Union. But speaking for the South, this is true: the best of our ladies do not now use snuff; or, if first-class ladies do use it, they keep it a profound secret from first-class men. It may have been different at one time: some of our older ladies who began its use when the habit was considered respectable may still continue the practice; but it is true that first-class society has now placed its ban upon the use of snuff by ladies. In this ladies have shown their good sense and their quick perception of an evil which brings nothing but harm to them and their offspring. The constitution of woman being more delicate and susceptible than that of man, it yields more readily to the baneful influences of tobacco.

The testimony of Dr. McDonald is only one of many like it. He says: "On woman it takes a sad hold. She soon becomes lazy and indolent, of dirty habits, and makes bad recoveries from her confinements; her children at the breast are liable to erysipelatous and other skin diseases."

What has been said of the effects of chewing and smoking upon men will apply almost without

exception to snuffing upon the part of women. Of chewing and smoking by women little need be said. That they do sometimes indulge in these vices is indisputable; but that such should be the case even to a limited extent is cause for regret to every man who sees in true woman the climax of all that is to be admired and loved. And yet occasionally she helps to destroy this high ideal. But while most ladies do not use tobacco in any form, yet very many of them are doomed to suffer on account of its use by others. The breath of a smoker is offensive to almost every one who does not smoke. Many wives are compelled to suffer in this way on account of the smoking-habits of their husbands.

King James, in his "Counterblast," expresses himself clearly on this point: "Moreover, which is a great iniquity and against all humanity, the husband shall not be ashamed to reduce thereby his delicate, wholesome, and clear-complexioned wife to that extremity that either she must corrupt her sweet breath therewith, or else resolve to live in a perpetual stinking torment."

Furthermore, she becomes the mother of children by a tobacco-slave, who are born and (if they

live) must be reared with the consequences of the father's sin resting upon them. It may be well that she does not know "why God (?) has given her unhealthy children;" that she is ignorant of the origin of that which causes her so many anxious days and sleepless nights. I say it *may* be well that she does not know; for were she conscious that parental folly had cursed her children, her suffering would be fourfold greater. But O the suffering this ignorance brings! "Father and mother bend in pity over a delicate child. . . . If these remain in darkness, in the name of all that is true and good let the fathers and mothers of the future have light." No wonder that a young woman, in condemning the tobacco-habit, says: "There is one girl firmly resolved never to marry a man who uses tobacco, and to do what she can by prayer and works to break up this growing evil." May the number of such become legion!

TOBACCO THE RIVAL OF WOMAN.

James Parton says of this: * "Smoking lures and detains men from the society of ladies. This herd-

* See "Smoking and Drinking," pp. 27-29, 32.

ing of men into clubs, these dinners to which men only are invited, the late sitting at the table after the ladies have withdrawn, the gathering of male guests into some smoking-room apart from the ladies of the party—is not the cigar chiefly responsible for these atrocities? Men are not society; women are not society: society is the mingling of the two sexes in such a way that each restrains and inspires the other. That community is already far gone in degeneracy in which men prefer to band together by themselves, in which men do not crave the society of women and value it as the chief charm of existence. ‘What is the real attraction of these gorgeous establishments?’ I asked of an acquaintance who was about to enter one of the new club-houses on Fifth Avenue the other evening. His reply was: ‘No woman can enter them! Once within these sacred walls, we are safe from every thing that wears a petticoat!’ Are we getting to be Turks? The Turks shut women in; we shut them out. The Turks build harems for their women; but we find it necessary to abandon to women our abodes, and construct harems for ourselves. Humiliating as the truth is, it must be confessed

that tobacco is woman's rival—her successful rival. It is the cigar and the pipe [it used to be wine and punch] that enable men to endure one another during the whole of a long evening. Remove from every club-house all the means of intoxication—i. e., all the wine and tobacco—and seven out of every ten of them would cease to exist in one year. Men would come together for a few evenings as usual, talk over the evening papers, yawn, and go away, perhaps go home—a place which our confirmed clubbists know only as a convenience for sleeping and breakfasting. One of the worst effects of smoking is that it deadens our susceptibility to tedium, and enables us to keep on enduring what we ought to war against and overcome. It is drunken people who 'won't go home till morning.' Tyrants and oppressors are wrong in drawing so much revenue from tobacco. They ought rather to give it away, for it tends to enable people to sit down content under every kind of oppression. . . . Now one of the subtle, mysterious effects of tobacco upon 'the male of our species' is to disenchant him with regard to the female. It makes us read the poem entitled 'Woman' as though it was

only a piece of prose. It takes off the edge of virility. If it does not make a man less masculine, it keeps his masculinity in a state of partial torpor, which causes him to look upon woman not indeed without a certain curiosity, but without enthusiasm, without romantic elevation of mind, without any feeling of awe and veneration for the august mothers of our race. It would be absurd to say that smoking is the cause of evils which originate in the weakness and imperfection of human nature. The point is simply this: tobacco, by disturbing and impairing virility, tends to vitiate the relations between the sexes, tends to lessen man's interest in woman and his enjoyment of her society, and enables him to endure and become contented with and, finally, even to prefer the companionship of men. And this is the true reason why almost every lady of spirit is the irreconcilable foe of tobacco. It is not merely that she dislikes the stale odor of the smoke in her curtains, nor merely that her quick eye discerns its hostility to health and life—these things would make her disapprove the weed—but instinct causes her to dimly perceive that this ridiculous brown leaf is the rival of her sex.

Women do not disapprove their rivals; they hate them."

Mrs. D. A. Beale says: "The great flatterer of sensuality, one of the most energetic promoters of individualism, weakening social ties, fostering selfishness, blunting the refined sensibilities, the tobacco-habit antagonizes all that woman holds most dear, and should be regarded as an enemy to her peace and happiness."

The lover of Bulwer's writings may be surprised at this from his pen: "On the whole, then—woman in this scale, the weed in that. Jupiter, hang out thy balance and weigh them both; and if thou give the preference to woman, all I can say is: The next time Juno ruffles thee, O Jupiter, try the weed."

Thackeray says in his *Fitz-Boodle Papers*: "What is this smoking that it should be considered a crime? I believe in my heart that women are jealous of it as of a rival. The fact is that the cigar is a rival of the ladies, and their conqueror too."

Ladies are very deeply concerned in this question, and they cannot be expected to remain silent while their own welfare and that of their families is involved. They have its solution to a great ex-

tent in their own hands. It will not do much good for them to object to the use of tobacco by their own husbands and others on the grounds of indecency and cost; but, to be heard, they must acquaint themselves with the question in all its fullness. If ladies will they can do a very great service to the cause of temperance and health by using their influence aright. It is trite to say that woman has it in her power to rule the world.

Rev. Timothy Flint used to say: "If this world is ever to become a better and happier world, woman, properly enlightened, aware of her influence and disposed to exert it aright, must be the prime mover in the great work."

Let ladies, and especially young ladies, declare themselves plainly on the use of tobacco by men, and they will soon begin to see the results.

"Clarissa" complains at the smoking-habits of her gentlemen friends.

The "Easy Chair" of *Harper's* for February, 1885, replies to her complaints. It says, among other things: "And has Clarissa done all her duty? Has she plainly apprised those gilded satellites of hers, 'who wear the garb of gentlemen, and verily

believe themselves to be such,' that they must choose between her and a cigarette, and that they cannot simultaneously enjoy smoking and her society? Has she taken occasion to intimate that, in her opinion, no gentlemen, truly so-called, smokes in the street? . . . The problem that Clarissa propounds can best be solved by her and her friends. Indeed, there are classes of offenders whose smoke can be staid only by stringent laws vigorously enforced. These may be described as 'persons in the form of man.' But that other large company 'who wear the garb of gentlemen' are amenable to the influences of Clarissa, and such smoke she and her sister sylphs can suppress."

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CHAPTER VIII.

The Morality of the Habit.

FIFTY years ago, had a promiscuous company of intelligent men been asked if they thought it any harm to drink alcoholic liquors in moderation, as a beverage, the greater part of them would have answered unhesitatingly in the negative. Since then a change has been going on, and the majority of such a company would probably now declare the other way. What is the secret of this change, and of the rise of an increasingly-strong temperance sentiment in our country? The reason is that since then attention has been called to the subject, people have been made to see the terrible evils of the traffic in and the use of whisky, and they have been taught that *what tends to sin is sinful*. Were a company like the above to be asked now if they consider the use of tobacco as involving any moral question, the greater part of them would reply in the negative. But does the use of tobacco involve a question of morals? The subject is worthy of

consideration, however new it may be to us. To some who are unprejudiced on the subject, a decision will not be hard to reach. When they know the physical evils to which the use of tobacco subjects one; when they are told by good authorities that it interferes with the operations of the mind through its powerful action on the brain and nerves; when they are convinced that the harm does not stop with the user, but may extend to one's children and children's children—these questions being settled, all is settled. Were the evils of the habit only half so great as the best physicians tell us they are, even then a conscientious person would feel that in using tobacco he is committing a sin. The conclusion is inevitable. Men whose moral perceptions are clear do not excuse mental and moral suicide because it is slow, and at the same time condemn the man who shoots himself. Says some one: "The man who kills himself gradually is just as bad as one who does it suddenly."

TOBACCO BLUNTS THE MORAL PERCEPTIONS.

At a recent Methodist District Conference the question of arraigning before the Church members

who will not contribute to the support of its institutions came up for discussion. A good layman, in speaking to the question, said: "You cannot convict a man for carrying concealed weapons when every one of the jury has a pistol in his pocket." The same principle, modified, applies to the user of tobacco. It is very hard to convince him of its harmfulness when he is under dominion of the habit. It is remarkable what a hold tobacco takes on some persons. We marvel at the strength of the chains with which opium and whisky bind their victims; but in some cases it seems that the narcotic plant, tobacco, is almost as hard a master.

"You are wasting away under it," pleaded one minister with another.

"Alas! my brother, it is true, but I cannot help it," was the response.

"Would you take that excuse from a sinner?"

"I cannot answer you. I cannot leave it off; it is out of the question; I cannot! I feel what you say, but—" *

Furthermore, the mind seems disinclined to listen to any thing which would go to show that to-

* "The Tobacco Problem," p. 205.

bacco-using is wrong. It blunts the edge of the moral perceptions.

Says Dr. Graham: "Tobacco has impaired the delicacy of his moral sense. It has in some sense impaired the nice powers of his understanding to perceive moral truth. It has established in the physical economy of his body an appetite whose despotic and often irresistible influence upon the intellectual and voluntary powers vehemently urges, and even absolutely compels, the understanding and *will* to comply with its demands. Therefore, when we try to convince him that it is naturally and morally wrong to use tobacco, we shall find it extremely difficult to reach his moral sense through the opposing energy of his lust. His lust will not allow him to fix his mind seriously and earnestly on the evidence we present, but will keep it constantly employed in contemplating the importance of the gratification to his happiness, or in seeking for arguments to defend the gratification, or for evasions and subterfuges from the force of evidence."

Dr. Higginbottom, of Nottingham, says: "After fifty years of most extensive and varied practice in my profession I have come to the conclusion that

smoking is a main cause of ruining our young men, pauperizing the working-men, and rendering comparatively useless the best efforts of ministers of religion."

J. B. T. Marsh says: "I believe the habit is damaging the moral fiber in many a man, in that he is not clear in his own mind that he is right, and yet is not willing to put it away."

Rev. Josiah Tyler, for thirty years a missionary in Africa, says: "The tobacco-habit blunts the sensibilities of Zulu Christians so that missionaries feel that it is almost as much of a hinderance to the progress of the gospel and to the elevation of the people as intemperance."

We pray that we may not be "stumbling-blocks" in the way of others. In the light of the above, how does this prayer and our practice coincide?

THE DILEMMA IN WHICH IT PLACES ITS VOTARY.

This can be best illustrated by two cases which are here given.

In a letter to Meta Lander a minister gives his experience with tobacco in its moral bearings. He says: "I have left off smoking. I indulged in it

till I was thoroughly convinced that it was not only opposed to the fine socialities of life, but that it was detrimental to health, befogging to the intellect, and stupefying to the sensibilities. I will give you a few details of its moral bearings. 'If meat make my brother to offend, I will eat no flesh while the world standeth.' A very practical text; but I was a smoker, and that habit was opposed to the best Christian sense of my brethren, and even by many who were not Christians was regarded as a vice. I must waive that subject, lest my people say: 'Physician, heal thyself.' I wanted to preach upon the duty of self-denial—a duty which needs often to be urged; but the idea of a *smoker* preaching such a sermon was simply ridiculous. That must be delayed, then. The subject of temperance came up. I felt that I ought to preach upon it; but I could find no sound premise from which to reason that was not destructive to my peace as a smoker. I wished to preach on benevolence—saving the littles for Christ—but my cigar-bill faced me. It was my daily prayer that God would cleanse my heart from sin. Conscience would whisper: '*Smoking is sin.*' I wanted to visit my people. Both my clothes and my breath

indicated that I had been smoking. I had a little rather they should not know it; besides, it might be offensive to them. I must stay at home."

The following abridgment of the experience of Dr. P. S. Henson, as related by himself, is taken from "The Tobacco Problem." He had long been in trouble on account of his tobacco-habit, having a sense of personal defilement, and realizing the possibility of coming to "such a pass of palpable filthiness" as some others whom he had observed. And along with this, he says, "came the conviction that tobacco-using was *against nature*; and, seeing that God is the God of nature as well as of grace, I could not help feeling that in running against nature I was running against not *it* only, but *Him*: and this, I was persuaded, was not a thing to be safely done; for, however slowly God's mills grind, 'they grind exceedingly small;' and sooner or later, as sure as we live, they will 'grind exactly all.' . . . I could not urge my people to 'lay apart all filthiness and superfluity of naughtiness,' while the traces of such superfluity were discoverable in my breath and on my body. I could not insist that they should 'keep the body under,' if *my* body kept *me*

under. More and more imperious grew the demands of an appetite that finally became impatient of almost any intermission in its accustomed gratification. . . . I endeavored to persuade myself that the Lord did not concern himself about such a trivial matter, and said to myself: 'Is it not a little one, and my soul shall live?' But I had preached from that text too often, and to too many just such sinners as myself to extract much comfort out of it. I remembered that scripture, 'He that eateth is damned if he doubt;' and I more than doubted, and so was involved in danger. Then I deliberately, solemnly, prayerfully determined, God helping me, to have done with tobacco at once and forever. It was just a question, and one of exceeding gravity, as to the possible consequences of so sudden and complete a revolution in the whole habits of my life. But having decided that it was the Christian thing for me to do, there was nothing left but to do it, trusting Him for whose sake I did it to take care of all the consequences. And he did, in the most surprising and beautiful way. I could no more have made a sermon than I could have built a locomotive. And this continued for five

weeks, during which I was wrapped in a horror of great darkness, and the very hair of my flesh stood up. At length my mind, long eclipsed, came out like the moon when it has swept past the shadow; . . . and if my whole life-work is not being better done and upon a higher plane, as I hope it is, I have a 'comfort in my conscience' which is to me of incalculable value."*

This dilemma is very marked in the case of ministers of the gospel. It is their business to condemn sin, and, to be the most effective, they must be consistent. And yet "*the reason why ministers do not quit tobacco is the very reason why irreligious people do not become religious—viz., a lack of self-denial.*" It might be well for some of them to sit in the pew and listen to Paul: "Thou, therefore, which teachest another, teachest thou not thyself?" "Thou that makest thy boast of the law, through breaking the law dishonorest thou God?"

MINISTERIAL INFLUENCE AND EXAMPLE,
for the most part, is now in favor of the use of

*Dr. Henson's "What I Know about Tobacco" (previously referred to) gives his experience more fully.

tobacco, especially in the South. In the North many ministers, and laymen too, have taken higher grounds on this question. Ministers have not entirely lost that position among the people where what they said and did was considered right. They are still looked to; and any habit or diversion sanctioned by them is unquestionably accepted by most persons. But though most ministers approve of tobacco, and show their approval by its use, yet occasionally a layman charges a minister with setting a bad example in this direction. What the minister says is discounted by the man of the world because, forsooth, he believes that he ought to "practice what he preaches." His arguments for temperance, self-denial, and the like are lost because they seem to come from the head, and not the heart. This is not an overstatement of the case as it sometimes exists. Moral principles are of universal application. Theory and facts are on its side.

Are the conscientious opinions of such men—and their number is increasing—to be passed by as unworthy of notice? The pulpit has already suffered too much because of the inconsistencies of its occupants. It will be a sad day for Christianity when on ques-

tions of manners and morals the pulpit sinks to the level of the pews. On this question of tobacco people are beginning to notice their ministers. Many examples might be cited where clerical tobacco has been made the excuse for non-reformation in another person, or for indulgence in some vice which is palliated by the same arguments that the tobacco-slave uses to cloak his habit. Here is what a layman said in an address before a Congregational Convention in Wisconsin. His subject was: "What the Pews Want from the Pulpit." In the course of the address he said: "The example set by some of the pulpits in the use of tobacco is strongly objected to by many of the occupants of the pews. The Wisconsin State Congregational Convention, at its annual session in 1869, declared: 'The common use of tobacco is an offensive practice to persons of neatness and refinement, hindering the influence of those who use it; it is a wasteful practice, using money that is needed for other purposes; it is a practice injurious to the health of body and mind; it is a practice of injurious moral tendency; and it is setting a mischievous example to our youth.' If what the State Convention said

in 1869 is true, then the pews say, without any hesitation or mental reservation, that no man who is in the habit of using tobacco ought to enter the pulpit to preach the gospel as a minister of the Lord Jesus Christ until he renounces the habit. It may seem hard to say it, dear Christian brother, but it is none the less true that the knowledge that you were in the habit of using tobacco would completely destroy your influence, and render it impossible for you to do any good to a large portion of many of the Christian congregations of the land, should you stand in their presence to speak as a Christian minister." *

In the face of this and similar opinions this question arises; let him who is concerned answer for himself: Is the minister who is unwilling to deny himself for the good of others, and to put away that which is a means of offense to some, a proper person to be a minister of the gospel?

OPINION OF PRESIDENT MARK HOPKINS.

In an address before the graduating class of

* See the position of the Methodist Episcopal Church (North) on this subject, p. 219.

Williams College the late President Hopkins, after some preliminary remarks on the use of tobacco, thus sums up: "I may express to you my conviction that habitual narcotic stimulation of the brain is not compatible with the fullest consecration of the body as a temple of God. Good men may do this in ignorance, as other things prevalent at times have been done, and not offend their consciences; but I believe that greater earnestness, more self-scrutiny, fuller light, would reveal its incompatibility with full consecration and sweep it entirely away. The present position on this point of the Christian Church as a whole, and largely of the Christian ministry, I regard as obstructive of the highest manhood and of the spread of spiritual religion. I know that strong men have in this connection been bound as in fetters of brass and cast down from high places, and have found premature prostration and an untimely grave, and that this process is going on now. Let me say, therefore, to those of you who expect to be ministers that I believe that sermons (even those called great sermons) which are the product of alcoholic or narcotic stimulation are a service of God by 'strange fire;' and

that for men to be scrupulous about their attire as clerical, and yet to enter upon religious services with narcotized bodies and a breath that 'smells to heaven' of any thing but incense, is an incongruity and an offense, a cropping out of the old Pharisaism that made clean 'the outside of the cup and the platter.' Not that abstinence has merit or secures consecration; it is only its best condition."

Another question: Has not this sanction of self-indulgence and filthiness gone far enough when a bishop (Wilson, at Brunswick, Ga.) presiding in an Annual Conference has to reprimand its members, composed mainly of preachers, for spitting on the floor of the church; and when two years later another bishop (McTyeire, at Sandersville), presiding over the same Conference, is asked to request the members not to use the floor of the church as a receptacle for their saliva and tobacco?*

MAKING NECESSITIES.

Sir Isaac Newton, being once asked why he did not smoke, replied: "Because I am unwilling to

* "Brethren," said Bishop McT., "if you *must* chew, use your hats for spittoons."

make to myself any necessities." The reply is worthy the noble mind from which it came.

TOBACCO VS. TEMPERANCE.

In a previous chapter the evidence of a number of physicians was adduced to show that the use of tobacco often calls for and leads to the use of alcoholic stimulants.

The testimony of Dr. Adam Clarke (known of all Methodists) may be added. He says: "So inseparable an attendant is drinking to smoking that in some places the same word expresses both acts. Thus '*peend*,' in the Bengalee language, signifies to drink and smoke."

Dr. Justin Edwards says: "Not much more can be done in behalf of the temperance cause till there is an anti-narcotic movement, particularly against tobacco, the handmaid and ally of intemperance."

Dr. Cowan affirms that "the exceptions are very rare when a user of tobacco in any of its forms is not ultimately led to use alcoholic liquors; and that, next to transmitted tendencies, the use of tobacco is the great cause of both moderate and excessive alcoholic drinking."

It is not an uncommon thing to see a prominent temperance advocate who is a smoker, and sometimes a chewer. On the stage he declares the "whisky devil" to be a "hydra-headed monster;" by his practice in private he pours oil over the wounds he has attempted to inflict. He deplors the moderate drinking of wine, beer, whisky, and the like because it leads to excessive drinking; is not the same thing true of his cigar?

Meta Lander well says: "We have suffered quite enough from these demi-semi-reformers. Our parlors and our chambers, our halls and our sanctuaries are often desecrated by their performances. 'Why don't you use the church for your temperance addresses, and devote to the cause the money you spend in renting a hall?' 'O it would never do—the church is so fearfully defiled by these lecturers!' When such men come out from a smoke-room, pallid, trembling, and bearing the nauseous signs of the indulgence, instead of mounting the platform to exhort others to temperance, would it not be more fitting that they should take the back seats and listen in silence and humiliation? Thou that sayest another shall not drink, dost thou smoke or chew?"

Will a man of sound reasoning say there is no moral question involved here? Deny this conclusion, carry the denial to its legitimate results in other matters, and you throw open the flood-gates of sin, with all the accompanying pollution and degradation.

There is a moral question involved, and the sooner it is recognized the better it will be for the causes of temperance and Christianity.

THE LOWEST GROUND.

Even take it for granted that tobacco is harmless—grant that the hundreds of physicians who have testified on the subject are mistaken—and yet a question still remains: Can the Christian, with a due sense of his stewardship, throw away so much money on a habit which does him no real good? An equal expenditure for any other article of no permanent value would be quickly and emphatically condemned. But we have become so familiar with this great draft upon our resources that scarcely a word of disapproval is heard. How can the Christian in good conscience give five dollars during a year to help redeem the world, when he quad-

ruples this amount on the gratification of an appetite which benefits neither himself nor any other human being? In the light of all the facts the question of cost is a very low one on which to base the moral harm of the habit; but even here it is not without its force.

WEIGHED.

The German artist Rethel has a painting representing the hand of death holding the scales in which the poor man's pipe and the king's crown are being weighed. Balanced against each other the pleasures derived from each are declared to be equal. It may be so; and in the momentary pleasure and satisfaction derived from his pipe the poor man may even sometimes have the advantage. If the present pleasure derived from the use of tobacco were the only consideration, then its use might be justified; and the same argument would justify opium and whisky and debauchery of every kind. Leave out physical, mental, and spiritual considerations on this and other questions, and where would we land?

But the plea of *pleasure* will not do. Votaries of

sin of every kind make it. But because it brings "pleasure" sin is no less sin, and no less surely will it be punished. In considering tobacco the question of its use is not to be determined by the standard. Take its cost to body and mind and children and soul, and then see if the good derived from it will justify this expenditure. The laws of God, and not the dictates of perverted appetite, should be the final arbiter.

CHAPTER IX.

The Social View of the Question.

TOBACCO is not without its social bearings. One of these is

TOBACCO SLAVERY.

In our "land of the free" we are impatient of bonds. Does slavery still exist among us? The pulpit is constantly denouncing "slavery to sin;" sometimes we hear it remarked, "He is a slave to whisky;" more rarely it is said, "He is a slave to tobacco." The latter slavery is more common and more exacting than most votaries of the weed will believe. Evidences of this slavery are numerous and clear.

A man arrested for stealing was questioned by the judge as to the motive for the crime. His answer was: "I have the misery to be a hopeless smoker. I smoke at waking; I smoke while eating; I cannot sleep without smoking till the pipe falls from my mouth. When I have no tobacco I

am frantic. I cannot work or sleep or eat. I go from place to place raging like a mad dog. The day I stole the lead I had been without tobacco twelve hours. I searched the day through for an acquaintance of whom I could beg a pipeful. I could not, and resorted to crime as a less evil than I was enduring. The need was stronger than I!" He was seventy-two years old, and hitherto had led an irreproachable life.

Said a deacon on his death-bed, as reported by Rev. Albert Sims: "I thank God that, as my last sickness has now come, I shall get rid of my hankering for tobacco!'

He mentions another, a professed follower of Christ, on the verge of eternity, whose ruling passion for tobacco was strong in death. With her last words she asked for snuff. "Snuff, snuff; give me snuff!"

I can name a clergyman who was enslaved by his snuff. He sometimes reproved a neighbor who was a drunkard. At length the drunkard said to him: "If you will give up your snuff, I will give up my rum." The bargain was made. But within forty-eight hours the clergyman was in perfect anguish

for his snuff. He set a spy over the drunkard to watch for his downfall. When told that the fatal cup had passed his lips he flew to his snuff-box with the fury of a maniac, made himself idiotic, and died a fool! Tell us which was the greater drunkard?

"Dear sir," said I to a brother clergyman, "do, I pray you, give up tobacco."

"Not I, not I!" was his reply; "I will use it if it shortens my life seven years. I will live while I live."

If this is not slavery, what is slavery? Is it not a sin to practice a habit which makes an abject slave?

An eminent minister said that he would gladly lay down £100 if he could give up smoking. I have known a temperance lecturer of great distinction to positively refuse to lecture until he had been furnished with a pipe of tobacco to screw his nerves up to the point of eloquence. I know an excellent clergyman who assured me that sometimes, when putting a quid of tobacco into his mouth, he had wept like a child under a sense of his degradation and bondage to this filthy habit. I saw a man who told me that tobacco was the dearest thing he had on earth—dearer than wife, child, Church, or State!

Confessing how utterly helpless he was, a victim of the pipe said: "I was at Church when fidelity to my idol would allow; and often was I moved with ideas of the wrath to come, and hurried home to drown the strivings of God's spirit in tobacco-fumes. Often have I writhed under mighty truths from Sinai and Calvary; often has my meerschaum, like the bacchanalian cup, relieved every twinge of pain and every fear. I have gone home poor and miserable (like Colonel Gardiner, wishing myself a dog), and smoked one pipe of tobacco, and in ten minutes been in a state of complete hallucination, feeling rich and in need of nothing." *

Meta Lander says: "That the general tendency of this weed is to bring men down to a lower plane will not be denied. The effect on the lower classes themselves is to degrade them still lower, to deaden the sense of their own pitiful condition, and stifle any flickering sparks of ambition. Smoking is called the poor man's solace because 'it makes him contented with his lot.' That is one of its very mischiefs. He has no business to be contented. He is living in a miserable tenement, and in the most meager

*See "Facts about Tobacco," pp. 54-56.

fashion, when he might be owning a home and educating his children. But there he sits, day in and day out, selfishly and stupidly smoking his pipe, while his pinched and joyless wife patiently waits on him, and does her best to keep the wolf from the door. As for the refined and scholarly, what but the strange charms of this narcotic could reconcile them to the companionship and the habits to which it not unfrequently degrades them?"

A physician who was a distinguished advocate of temperance, but who was a slave to the tobacco-habit, was returning home from a national organization of which he was the presiding officer. Talking with Dr. R. T. Trall, of New York, on his own inconsistency of example, the physician exclaimed: "Tobacco is as much worse than liquor as palsy is worse than fever. I know it, I feel it! but—" He shook his head and did not finish the sentence, leaving the impression of the helplessness of his condition in this terrible bondage. A few weeks afterward he died suddenly, a victim to that poison the chemical properties of which he so well understood, but the spell of which he could not break." *

* See "Facts about Tobacco," p. 14.

A writer in the *Religious Intelligencer* of many years ago quotes the late Dr. Payson as saying of the unconverted man that, "like a bird tied by a silk thread, he does not know that he is a prisoner until he attempts to escape." "Just so with the slave of tobacco," the writer adds. "Tell him that he is bound hand and foot to the practice, and he will generally answer you with a smile of ridicule or a sneer of contempt. But when he begins to trace the evil effects of this indulgence in the nervous excitability of the system, in the clouds of depression that hang like an incubus upon the brain; and in confirmed dyspepsia, then he finds to his sorrow that to relinquish an inveterate habit is no easy task." *

Professor Ives, of Yale College, in lecturing to his students on the medicinal properties of tobacco, is accustomed to making a digression on the power of habit. "No chains are stronger," he insists, "than those in which this tyrant is accustomed to bind his slaves. The tobacco-chewer," he justly says, "will much sooner go without his food, at least for a time, than his tobacco. Custom," he adds, "is second nat-

* "Tobacco: Its Effects on the Human System," p. 43.

ure; and second nature is stronger than first nature." *

Here is a letter which appeared in "Nicotiana," a little volume published in 1834:

GRAVESEND, March 24, 1813.

Dear Brother Tom: This comes hopein to find you in good health as it leaves me safe ancor'd here yesterday at 4 P.M. arter a pleasant voyage tolerable short and a few squalls.—Dear Tom—hopes to find poor old father stout, and am quite out of pig-tail.—Sights of pig-tail at Gravesend, but unfortinly not fit for a dog to chor. Dear Tom Captains boy will bring you this, and put pig-tail in his pocket when bort. Best in London at the Black Boy in 7 diles, where go acks for best pig-tail—pound a pig-tail will do, and am short of shirts. Dear Tom, as for shirts ony took 2 whereof one is quite word out and tuther most, but don't forget the pig-tail, as a'n't had a quid to chor never since Thursday. Dear Tom, as for the shirts, your size will do, only longer. I likes um long—get one at present; best at Tower-hill, and cheap, but be particler to go to 7 diles for the pig-tail at the Black Boy, and Dear Tom, acks for pound best pig-tail, and let it be good. Captain's boy will put the pig-tail in his pocket, he likes pig-tail, so ty it up. Dear Tom, shall be up about Monday there or thereabouts, Not so perticuler for the shirt, as the present can

"Tobacco: Its Effects on the Human System," p. 41.

be washed, but don't forget the pig-tail without fail, so am your loving brother.

T. P.

P. S.—Don't forget the pig-tail.

A gentleman once remarked to me that he "derived more real pleasure from a chew of tobacco than from the finest dinner that could be prepared."

If green corn were shown to contain a deadly poison; that it caused both physical and mental weakness; that it brought on disease, and sometimes premature death, then a sensible man would eat no more green corn while the world stands. But is the case different with tobacco? And yet 300,000,000* people in the world are its votaries, and the number is increasing. Why this difference? Let a New England clergyman answer: "Because of its intoxicating property; the appetite and habit is so strong that the grave must open to make a man throw away his quid or his pipe."

Analogous cases are those of alcohol, cocaine, and opium. No one who is not a victim of these denies the great injury done by them. Even the victim himself sometimes awakens to a sense of his danger, but not having will-power sufficient to as-

* See "Facts about Tobacco," p. 46.

sert his manhood he again resorts to his drug to ease the lashings of outraged conscience. Good men and women all over our land know how hard it is to rout the devil from any of his breastworks; and it seems that the tobacco-sin takes about as strong hold upon us as any other.

Such is this tobacco-slavery, and it numbers among its victims more persons than were ever captured in war in Attica or were brought from Africa in ships. But the Grecian and African slave showed this superiority to the tobacco-slave, in that, while the former wished to be free, the latter is a willing victim to this servitude. And yet he claims to be a Christian, and to live by the light of reason and revelation! We pity the victims of opium and alcohol; but does not the victim of tobacco also deserve our sympathy?

THE USE OF TOBACCO TENDS TO DEADEN THE
SENSE OF DECENCY.

It is an old charge against tobacco that its use is indecent, and that it tends to blunt one's sense of propriety. Those whose senses have not been perverted by the weed know this, and many old devo-

tees even will recognize the truth of the charge. Were it not so common it would be surprising to see how far devotion to tobacco will sometimes carry a man in the disregard of his own appearance and of the rights of others.

"The habit of using tobacco," says Dr. Mussey, "is uncleanly and impolite. It is uncleanly from the foul odor, the muddy nostril, and darkly-smeared lip it confers, and from the encouragement it gives to the habit of spitting, which in our country would be sufficiently loathsome without it. By what rule of politeness may I poison the air that my neighbor is compelled to breathe, or so load it with an unhealthful and loathsome material as to make him uncomfortable and wretched as long as I am in his company?"

A writer in the *London Freeman* says: "A great number of smokers seem to have lost sight of politeness! Their smoking makes them rude. Why should a smoker blow his smoke in my face, or allow the dust of his weed to get in my eyes? Why should he think it not indecent to frequently expectorate in my presence? I have as much right to scatter fine, strong pepper, and half blind the

passers-by or my companions in a railway-carriage. I might answer that it pleased me, and they must put up with it. Men have no more right to smoke in public than I have to scatter pepper. Our pleasures ought not to be at the expense of others; all public smokers, however, break this law, and give great offense to that part of the public who hate the most distant fumes of tobacco."

Professor Meade, of Oberlin College, says: "The tobacco-habit tends to deaden the sense of honor as well as of decency, and none are more likely to practice deception unscrupulously than those who use tobacco. They are strangely tempted to harden their conscience by lying."

Mr. J. B. T. Marsh says: "I make bold to say that no words in the dictionary can do full justice to the filthiness of tobacco-chewing. The mere mention of the practice calls up a vision of be-trickled beards, bespattered shirt-fronts, and bepud-dled floors that is matchlessly disgusting. I take it that in these days no man who can make any pre-tensions to real gentlemanliness learns to chew. But the mere odor of tobacco is offensive to the majority of people—notably so to those who are in

delicate health. Yet it is an odor which most habitual smokers carry with them, either in their breath or their clothing, and leave behind them wherever they go. Their persons, as well as their garments, become saturated with it. I marvel that any gentleman will permit himself to so pollute the air of parlors and offices, of concert-rooms and churches. I wonder that any considerate husband can willingly doom his wife or daughter to constant contact with such a fetid breath. I am amazed that clergymen will venture into sick-rooms on errands of spiritual consolation while exhaling these nauseating fumes. Add to this the *nonchalant* impoliteness with which most smokers puff away on the street and in most public places, indifferent into whose face (whether of lady or stranger) their foul smoke is wafted; driving non-smokers out of the waiting-rooms of railway-stations and the cabins of ferry-boats, where they have at least equal rights with themselves; and the charge of offensiveness becomes, it seems to me, a very grave and unanswerable one. If a man should spit in the glass of water I was putting to my mouth, and I should knock him down, most of my smoking friends

would say I served him right. But is it really much better when they, as they pass me on the street, spit their tobacco-smoke into the air I am about to breathe? I can set down the water, but I have no choice about the air. If the use of tobacco were a new thing; if we were not so accustomed to its offensive features, I do not believe that good society, or the law either, would tolerate them."

The following is from an article which appeared in the *London Times* September, 1879: "There is a reason against public smoking—perhaps against all smoking in effect—which has scarcely received sufficient recognition. It is the absolute indifference to the comfort and convenience of society at large that it is certain to produce. The smoker does not care whether you are happy or miserable. . . . Smokers monopolize far more than their share of our railway accommodation. Their exigency knows no limits. A smoker must have a compartment in which he enjoys the free exercise of his privilege, even if he have it all to himself and a dozen people are rushing about the platform looking in vain for room, the guard's whistle already sounding. Tobacco is a powerful drug, ad-

ministered through the respiratory organs—that is, through the atmosphere; and as we breathe one another's atmosphere, as it were, in common stock, the smoker administers his drug to all about him, whether they wish it or not. The indifference or apathy with regard to the comfort of others is one of the most remarkable effects of tobacco. No other drug will produce any thing like it. The opium-eater does not compel you to eat opium with him; the drunkard does not compel you to drink. The smoker compels you to smoke—yea, more, to breathe the smoke he has just discharged from his own mouth.”

Dr. John H. Griscom, President of the New York Society for the Advancement of Science and Art, says: “If every human being should understand and appreciate the value of pure air when inhaled, and the injurious influence of any foreign substance when absorbed into the blood through the lungs, the writer hereof cannot doubt that tobacco-smoking would be totally discarded voluntarily and perhaps legally.”

Dr. Johnson: “To be sure the blowing of smoke out of our mouths into other people's mouths, eyes,

and noses, and having the same thing done to us, is a shocking thing."

Neal Dow: "Forcibly taking away one's pure air by tobacco-smoke is as much stealing, in the moral sense, as picking one's pocket."

Elizur Wright: "A man calling himself a gentleman, with all the outward appointments of a gentleman, and every thing *but* the smell of a gentleman, will do in your house, in your parlor, in the very presence of ladies, things which, if not under the spell of tobacco, no money would have tempted him to do."*

"Is it offensive to you for a gentleman to smoke in your presence?" inquired a smoker of a lady.

"No *gentleman* ever smokes in my presence," she answered.†

A writer in the *Congregationalist* thus puts it: "The sign '*No Smoking*' is hung up in a gentleman's own mind whenever he is in the company of those

* This looks like a grave charge—and it is. It would not be admitted but for the painful fact that I know it is true. Too often have I seen "gentlemen" guilty of tobacco-indecencies which a *gentleman* ought to abhor.

† "The Tobacco Problem."

who do not smoke. He will not sacrifice the comfort of others for a needless indulgence. There are so many well-dressed men who are not gentlemen, but only hogs in disguise, that every transportation company has to say 'must not' to them by frequent signs against smoking. They would never know how to be courteous without these perpetual suggestions."

"MINISTERS TO SOCIABILITY."

This is a very common plea. Mr. Marsh says of it: "Further, it is claimed for tobacco that it ministers to sociability. That there seems to be some merit in this claim for it I admit, but I am sure that it would never have occurred to me, without outside suggestion, that the groups of whom I have sometimes caught glimpses in the smoking-rooms at hotels were any more sociable, or sociable to any better purpose, than the people whose conversation is not run by tobacco power. I think the real fact is that, so far as a man's own family is concerned—and that surely is where a man's chief social interest ought to center—tobacco makes him unsocial. Few men who are above the level of the typical

beer-guzzler or bog-trotter will sit and puff their smoke in the faces of wife and children at their own fireside. The husband and father slips away by himself—into a den of his own, into the woodshed, into the alley—that he may make as little of a nuisance of himself to his loved ones as possible while enjoying this ‘*stimulus* to sociability!’ Woman seems to stand in no need of such a re-enforcement of her social resources. Can it be that the lordly sex is so much more stupid in its mental make-up, so much more juvenile in its social attainments that it can only be at its best in conversation while chewing the end of a cigar or steeping itself in tobacco-smoke?”

Is not the whole truth of the matter contained in the fact that this drug, “quieting the nerves and driving away dull care” (things that are made doubly necessary by the previous use of the drug itself), only seems to bring about that feeling which is the result of intelligent social converse? Devotees of other drugs make the same plea for their indulgences — that they “quiet the nerves and drive away dull care.” It is so with the users of opium and chloral and cocaine and alcohol. Wherein

does the tobacco-user excuse himself and condemn these others? At most it can be only a difference of degrees, and not of tendency.

MANHOOD SACRIFICED TO LUXURY.

Most people use tobacco simply as a luxury, and if there were no other reasons against it this might be a ground of objection. Too many luxuries are not good; carried too far, they enervate body and mind. This truth is emphasized in many of the youths who go out from brown-stone fronts, and in the history of some of the nations of Southern Europe whom luxury has degraded from first to third rate powers.

We hear much about efforts to convert the heathen; but a Chinaman, Choo Tsun, gives us a hint that might help in mission-work both at home and abroad. He says: "It is beyond the power of any artificial means to save a people enervated by luxury."

Marsh, in speaking of this, says: "But the assumed merit of this sedative is really its serious mischief. As some one has so forcibly said, 'Smoking is an unmanly leaning on a solace to care

and labor neither sought nor needed by women; enabling the smoker to be idle without growing weary of idleness; tending to take the ambition out of him, and to make himself happy when he should be miserable, and content when his divinest duty is discontent.' The troubles which men are benumbed by tobacco to bear contentedly are usually the very troubles that they need to resist and rise above. There is all possible difference between that Christian philosophy of life which summons us to master our ills and make things better, and that fumacious philosophy which bids us seek for stupefaction under them."

Such is tobacco in some of its social bearings. Even here the proffered good is a delusion, and its evils are many. Woman, the queen of the social world, needs to give a lesson to many of her subjects. Will she?

CHAPTER X.

Chewing vs. Smoking.

NO doubt the question has already arisen in the mind of the reader as to which is the more harmful manner of using tobacco—chewing or smoking. It is needless to say that, as on almost every question, there is a difference of opinion. I have collected the opinions of several competent authorities, which give a fair idea of the views of those who have looked into the question.

Dr. Lizars, in "Alcohol and Tobacco," says: "The chewer takes less of the oil, but more of the alkaloid;* the smoker, less of the alkaloid, but more of the oil. The comparison is simply a balance of evils, which is odious to either set of debauchees; and some get rid of the invidious comparison by taking the drug in both forms—a refuge from scientific doubt compensating for the greater amount of destruction to health and comfort. But if we are to believe Dr. Morris, the *nicotianin* is

* See page 37.

not destitute of a portion of the alkaloid; and, as we know that the inhaled smoke is largely infected with the oil of an old pipe, the smoker has less to say for his habit than the chewer will concede; and I fairly admit that it does not appear to me to be at all clear that the former has any advantage over the latter in other respects; for, while the smoker's account must be debited with the topical diseases—chiefly carcinomatous—from which the chewer is to a great extent free, he consumes a far greater portion of the weed than his competing debauchee—a surplus so great in the confirmed cigar-smoker that we are often called upon for a surprise at the number of these small rolls which constitute his daily supply.”

In another place the same author says: “I may here remark that chewing or quidding does not seem to irritate the mucous membrane of the mouth to the same extent that smoking does.” And again: “*Amaurosis* is a very common result of smoking tobacco to excess; but I have never seen it produced by snuffing or chewing.”

Professor Johnston, in his “Chemistry of Common Life,” says: “The chewer of tobacco, it will

be understood from the description given, does not experience the effects of the poisonous oil which is produced during the burning of the leaf. The natural volatile oil and the nicotine are the substances which act upon him. These, from the quantity of them which he involuntarily swallows or absorbs, impair his appetite and gradually weaken his powers of digestion."

Dr. Willard Parker pronounces smoking more harmful than chewing.

Dio Lewis was once asked which is the more harmful—chewing or smoking. Those who knew the man will recognize the reply: "On the whole, chewing is the worse mode, principally for the reason that it can be indulged so constantly. The chewer begins on rising, and, with the exception of the nine minutes and twenty-eight seconds devoted to breakfast, the fourteen minutes and fifty-nine and a half seconds given to dinner, and the eight minutes, three and a quarter seconds spared for supper, the man runs his mill every moment till he gets into bed. Just as he turns down the clothes with one hand to get into bed he takes out of his mouth the last quid with the other. During the

day, with this close economy of time, he grinds through twenty-six grists and projects juice six hundred and twelve times. This juice, if conscientiously gathered, would measure three pints. Smoking cannot be carried on with such devoted regularity, and, although worse than chewing for a given time, is practically not so mischievous. But in either mode it injures the stomach. It cannot be indulged even moderately without prejudicially affecting the function of digestion."

Some time since I wrote to six of the professors in the Medical Department of the University of Nashville and Vanderbilt University, asking each these questions: 1. Do you consider the use of tobacco harmful? 2. If so, which do you think the more injurious—chewing or smoking? I did not know the opinions or tobacco-habits of any of them when I wrote. Five of them favored me with replies. In reply to the first question, all of them considered the use of tobacco injurious, especially when carried to excess. To the second question I will give their replies in detail.

Dr. Maddin: "I have never been able to reach any differential conclusion in reference to the ques-

tion. A thing that has no virtue in it is equally bad whether it is used in one way or the other. . . . Some persons are more sensitive in their vital expression through one avenue, while others are through another. So the question of relative injury resolves itself to the peculiar feature of individual life."

Dr. Briggs: "In my opinion smoking to excess is the more injurious from the more decided impressions made upon the nervous system."

Dr. Nichol: "Smoking, by far."

Dr. Atchison: "Smoking, because the volatile products of combustion are more widely diffusable in the system."

Another, whose name I am not authorized to use, says: "The comparative effects of the use of tobacco are to be estimated by the amount of nicotine absorbed. I should infer this would be the case in a greater degree in chewing than in smoking."

After all, while smoking may be more injurious to people as a whole, it probably resolves itself into a question of individual habits and constitutional peculiarities, as remarked above by Dr. Maddin. One person may be more injured by smoking, while

another is more harmed by chewing. However, in the light of all the facts, there is little comfort for the user of the weed in either form. Both are alike harmful, and both need to have the cloaks of deception and fallacy torn from them. It is not a question of taking the lesser evil, but of eschewing all evil.

CHAPTER XI.

Can the Tobacco-habit Be Mastered?

CAN the habit be mastered? *Yes*. Can it be easily done? *No*. Many excellent men have thought themselves masters of the habit, believing that they could easily give up the use of tobacco at any time; but when they have come to lay it aside they have found that it has taken a stronger hold on them than they had suspected. Of those who boasted that they could "quit at any time" three-fourths have broken down in the attempt. After one has been using tobacco for some time the whole physical organism becomes permeated with it. At first rebelling against its introduction, which is shown in the sickening nausea and headache which tobacco causes, the system at length comes to tolerate, and even call for, its use. The system has to undergo a change in order to accommodate this new and poisonous agent; but this being accomplished, its use becomes "second nature;" and so, when its use is discontinued, there must be another

transition in order to get back to the normal state, and nature always resists a change. Hence the intense cravings for tobacco when a confirmed devotee attempts to give it up. Similar cases are seen in many drunkards, who know the harm whisky is doing them, yet feel unable to break loose from the habit. The opium devotee is conscious of his bondage and degradation, but he feels that it would be almost death to forego its use. The tobacco-habit may not be so hard to conquer as these, but he is deceiving himself who thinks it can be easily overcome. With some it is easier to quit than with others. Strength of constitution, the extent of the habit, and vital force will have much to do with this. The man who resolves to quit if he does not find it too hard is the one who fails. The one who makes the attempt with the conquer-or-die spirit has good chances of success.

Are the benefits to be derived from quitting worth the cost of the effort? To the hopeful man who has a work to do, and wants to do it well; who feels that he should be a blessing to the world, and the world a blessing to him; who wants to live the longest and to the best purpose—to such a one there

can be but one answer: *Yes*. To the man who is dark and gloomy; who thinks that the easiest way of getting through life is the best; who has no plans of good for mankind—to such a one it may not be worth the while. Let such be given up to his wallowing in the mire, for the sooner the world gets rid of him the better; in this life there is not much use for drones.

Many former users of tobacco, becoming convinced of its harmfulness, have been led to give up the habit. Some examples are here given to show that it may be done, and that there is much to be gained in doing it. The first is related by Dr. Corson.

A highly-intelligent man aged sixty-five, stout, ruddy, early married, temperate, managing a large business, after premising that he commenced chewing tobacco at seventeen, swallowing the juice, as is sometimes customary, to prevent injuring his lungs by constant spitting, and that years afterward he suffered from a gnawing, capricious appetite, nausea, vomiting of meals, emaciation, nervousness, and *palpitation of the heart*, recently dictated to Dr. Corson the following story: "Seven years thus misera-

bly passed, when one day after dinner I was suddenly seized with intense pain in the chest, gasping for breath, and a sensation as if a *crow-bar were pressed tightly from the right breast to the left, till it came and twisted in a knot round the heart, which now stopped deathly still for a minute, and then leaped like a dozen frogs.* After two hours of death-like suffering the attack ceased, and I found that ever afterward my heart *missed every fourth beat.* My physician said that I had organic disease of the heart, must die suddenly, and need only take a little brandy for the painful paroxysms; and I soon found it the only thing that gave me any relief. For the next twenty-seven years I continued to suffer milder attacks like the above, lasting from one to several minutes, sometimes as often as two or three times a day or night; and to be sickly looking, thin, and pale as a ghost. Simply from revolting at the idea of being a slave to *one vile habit alone*, and without dreaming of the suffering it had cost me, after *thirty-three years' use*, I one day threw away tobacco forever. Words cannot describe my suffering and desire for a time. I was reminded of the Indian who, next to all the rum in the world, wanted all

the tobacco. But my firm will conquered. In a month my paroxysms nearly ceased, and soon afterward left entirely. I was directly a new man, and grew stout and hale, as you see. With the exception of a little asthmatic breathing, in close rooms and the like, for nearly twenty years since I have enjoyed excellent health."

On examination afterward Dr. Corson found the heart seemingly healthy in size and structure, but irregular, intermitting still at every fourth pulsation.

Dr. Solly says of himself: "For over ten years I smoked occasionally, and I am well acquainted with all the soothing, calming, and, for the time, agreeable effect of a cigar, or even short pipe. I left it off entirely about nine years since. This I did because I believed it impaired my nervous energy; and I have every reason to be satisfied with the change."

The following is taken from "Tobacco: Its effects on the Human System," by Alcott: "Mr. K., of Augusta, Ga., became a smoker at the age of fourteen. Having a temperament which favored corpulency, he got the erroneous idea that

it was necessary for him to smoke to keep from becoming too fat; whereas, if he had eaten less of butter, sugar, and fine flour—which make fatness in those who can digest it—he would have had no trouble on that account, nor have needed any thing so vile and poisonous as tobacco to keep down his flesh. The habit so grew upon him that he smoked almost incessantly during his waking hours, and he thought himself invulnerable to any ill effects from tobacco. At the age of forty he began to realize the fact that tobacco had poisoned him, as he had frequent attacks of painful illness. In 1865 he had become prostrated by various disorders, chiefly relating to the stomach; and he was regarded by his friends as a candidate for early death. At this time he was suffering from acute dyspepsia, deranged circulation, shortness of breath, spinal weakness, and general debility; his hair began to fall off, leaving him almost bald; and, instead of a youthful, vigorous man, he looked worn, feeble, and old. Suffering as he did from abdominal pain, his physicians applied blisters to that part; and the liquid drawn from the skin by these blisters was so strongly loaded with tobacco as to be odorous. This

taught him the cause of his illness, and convinced him that his infirmities originated in the use of tobacco. Being a man of great positiveness and determination, he decided to give up the habit at all hazards. He made the earnest effort, and succeeded in 1866, and by a careful regard to his diet he began to improve in strength and spirits. He had been abstemious in reference to other modes of dissipation, which doubtless aided in his restoration. Had he been as many are—a slave of alcoholic stimulants as well as of tobacco—he doubtless would have succumbed to their influence and found an early death. As he did not drink, nature had some recuperative resources left. At the end of a year he had gained twenty-five pounds in weight, and felt little of the weakness which had before troubled him. So great was the change in his appearance that persons who had business relations with him five years before, and had not seen him during the interval, did not recognize him as the same man. Speaking of this, he himself says: ‘Parties now and then come into my store and inquire for my brother, thinking me to be a younger man, they not having seen me since my reformation, and in-

sist that I am not the person with whom they transacted business in 1865 or 1866—four years ago.' In June, 1870, Mr. K. weighed upward of one hundred and eighty pounds. His triumph over the vice which is preying upon the vitality of thousands of his fellow-men is well attested by his renewed manhood. His hair, as well as his flesh and health, returned to him."

Here are several cases, given by Meta Lander in her excellent work, "The Tobacco Problem:" "'From about fifteen to thirty,' Dr. S. H. Cox wrote, 'I am ashamed to say I smoked; my conscience, as well as my best earthly friend, often upbraiding me. Still I made excuses, and my physician, a smoker, helped me to some. So I continued till once, on board a steamer, a drunken gentleman staggered up to me, exclaiming: "Give me a-a light, Dr. Cox." I handed him my cigar. He returned it. I threw it overboard, and since have never ceased to thank God that I have been enabled to keep myself from so foul and odious a sin.' In replying to a letter from Dr. Cox, John Quincy Adams wrote: 'In my early youth I was addicted to tobacco in two of its mysteries—smoking and chew-

ing. I was warned by a medical friend of the pernicious operation of this habit upon the stomach and nerves, and the advice of the physician was fortified by my own experience. More than thirty years have passed since I deliberately renounced the use of tobacco in all its forms; and, although the resolution was not carried into execution without a struggle of vitiated nature, I never yielded to its impulses. I have often wished that every individual of the human race afflicted with this artificial passion could prevail on himself to try the experiment which I made; sure that it would turn every acre of tobacco-land into a wheat-field, and add five years to the average of human life.' Prof. Dascomb, of Oberlin, learned to smoke when a boy. His physician, though himself a smoker, said to him: 'You will live only a few years if you continue this habit. I cannot break it off, but you are young, and may be able to do so.' The boy undertook it, and succeeded, although to the end of his life he suffered from the effects of his early indulgence. A well-known doctor relates that after smoking for twenty years he took a vow of abstinence for one month. 'Never,' he says, 'did boy

long more eagerly for election-day than I longed for the end of the month.' Such was the good doctor's passion for the drug that if cigars failed he would resort to snuff. Thus he went on till the indulgence had so injured the nerves and softened the coats of the stomach that he could retain no food. Then he gathered his forces for the conflict, and broke forever from his bondage. A theological student, in breaking off smoking, gives three reasons for so doing: '1. No *gentleman* would like to smoke in the presence of ladies. 2. There is possible harm, and no possible benefit. 3. As there is no possible benefit, it is an unlawful expenditure of time and money.' A professor in one of our colleges, who had smoked for many years, and had then been led to abandon the habit, also gives his three reasons: '1. I didn't like to indulge in a habit that I was compelled to apologize for. 2. I knew that however little I might smoke I should be quoted as a smoker. 3. MY BOYS!' The venerable Rev. Job Washburn, widely known in Maine, had formed in boyhood the habit of chewing. He made several efforts to give it up, but without success. In his latter years, when he would again have at-

tempted it, his friends discouraged him, fearing the effect of such a change at his age. He could not rest, however; and, at the advanced age of ninety-two, he went to God in earnest prayer, and soon, to the surprise of all, was able to announce his victory over his life-long habit. Mr. Washburn's daughter, to whom I am indebted for these particulars, writes that after this conquest his health improved, and he seemed to her a fairer and better man. About two years later, a few days before his death, he expressed his joy and gratitude that he had been enabled to free himself from his galling yoke. Another striking case is that of Mr. Joseph Harper, father of the publisher. He was an excellent man, *but* a great chewer; and nobody dreamed that he could be induced to give up the habit. Mr. Harper had a neighbor who was a notorious drunkard. A friend was one day laboring with the man and entreating him to quit drinking. 'Why, I could no more stop drinking,' he replied, 'than old Joe Harper could give up tobacco.' When this remark was repeated to Mr. Harper he exclaimed: 'Does that old drunkard say so? He shall not get behind me with his rum. I will show him that old

Joe Harper *can* give up tobacco.' And from that time he never touched it. A good deacon gives me his experience: 'I commenced the use of tobacco when under ten, became an habitual consumer at about fifteen, and when thirty began to realize that it was injuring me. Then came the struggle. I would leave it off for a week, for a month, and then for a year. The moment my pledge was up I would commence with renewed energy. This continued till I was about forty, when I became satisfied that I must either die or break from my bondage. I attempted the latter. For more than two years I wrestled with the appetite, at the end of which time my craving was, if possible, stronger than ever. I felt that I must either have relief from this craving or succumb to it. In my despair I took the matter to the Lord with strong crying. He soon delivered me from the dreadful appetite, and it has never returned. Praised be the name of the Lord!'"

Says Rev. E. P. Thwing: "A prominent member and official in a New York Church had been addicted to the constant use of tobacco for forty years—until its daily use seemed necessary to health, if

not to life. He had made many efforts to rid himself of the doubtful practice, but always failed because of the inward gnawing which the long-continued use had created, and which forced him to begin the practice again. At last, on a certain occasion, he said: 'I have long been seeking a deeper work of grace. Tobacco appears to hinder me; but I had not supposed it possible to be saved from the dreadful power of this habit until now. Never before had I trusted Jesus to save me from the appetite as well as the use of it, but I do now.' And suiting his action to the word, he threw far away from him the tobacco he held in his hand. He still lives, and for several years has reiterated this testimony: 'From that hour all desire left me, and I have ever since hated that which I once so fondly loved.' "

BENEFITS OF QUITTING.

"Dr. S. Alexander writes, for the encouragement of those who wish deliverance from what he says is 'the deadliest poison known,' that one of his patients has broken the shackles of this vice that have fettered him fifty years, and now enjoys improved health; another, Hon. H. G. J., after forty - three

years' use of the weed. The latter had good eyesight restored as, he himself believes, a result of abstinence from tobacco. Nor did he in 1871 use glasses, although about ninety years of age. Dr. A. regards this abandonment of tobacco as 'almost a *sine qua non* to success' in curing many complaints. After thirty-six years' practice he never knew a case where good effects did not follow the abstinence from tobacco." *

The case of the Abbé Moigno, a distinguished Frenchman, and editor of the *Journal du Monde*, is in point. He used snuff; and, convinced of the injury it was doing him, he made several unsuccessful attempts to give it up. He was a noted linguist, and knew by heart some fifteen hundred root words in different languages; but, under the influence of snuff, he found that he was gradually losing these. He therefore determined, once and for all, to give it up; and he succeeded. He says that "it was the commencement of a veritable resurrection of health, mind, and memory, and the army of words that had run away has gradually returned."

* "Facts about Tobacco," p. 71.

THE BEST METHOD OF QUITTING.

There is a difference of opinion as to the easiest and best way of quitting the use of tobacco. Some authorities advocate a gradual abandonment of the habit, while others think the instantaneous method the better. It may be that one method is best for one person, while the other best suits another.

Professor Nelson Sizer, who has considerable experience and a wide observation on this line, advises the gradual method of quitting. He says that as one gradually acquires the habit, so it is easiest with most persons to gradually get rid of it. Here is his plan: "I tell men who smoke ten cigars a day to see how many serve them for a week; and then, for use next week, reduce the number by one-tenth. This will lead them to fear getting short, and they will economize and get through without feeling restricted. From this number deduct a tenth; and go on in this way until the amount is reduced to three a day. Then each week cut off the ends of twenty-one cigars one-tenth of the length; the next week, a tenth of what is left, until a cigar will make two smokes; and then, by the grace of God, and the smiles of mother, wife, or sweetheart, combined

with the sense of manliness, decency, and the love of twenty years more of life, health, and power, the victory may become complete, and a soul be saved from a slavery mixed with every evil that flesh can be made subject to."

George Trask, who also has made extensive study of the subject, advocates the instantaneous method. He says: "1. Make the most of your *will*. Drop tobacco, and resolve never to use it again in any form. 2. Go to an apothecary and buy ten cents' worth of coarsely-ground gentian-root. 3. After each meal, or oftener, take as much of it as amounts to a common quid of fine-cut or Cavendish. 4. Chew it well, and swallow all the saliva. 5. Continue this a few weeks, and you will probably come off conqueror; then thank God and sin no more. The reasons for this course are: 1. Gentian is a tonic, bitter in taste, and will tend to neutralize and allay your taste for tobacco. 2. Gentian is a nervine. It will brace up your relaxed and flabby nerves, and tend to save you from the '*awful goneness*' under which victims agonize. 3. Gentian, for a short time, may serve as a partial *substitute* for the quid or pipe. It employs the

mouth, beguiles attention, and gives a helping hand to a 'drowning man.'"

Dr. R. T. Trall advocates the same method because "an infinitesimal dose is sufficient to prolong forever the shattered state of the nervous system. Till this is restored the patient is not safe for a moment. He can have no self-sustaining will-power." This being abandoned by the person, "he should abstain from business, and do as little thinking as possible. He should take a warm bath daily; and whenever he has severe headache or feels distracted with restlessness he should lie down, take a warm foot-bath, and have wet cloths—as hot as he can well bear—applied to the head. He will also find it greatly advantageous to adopt a very simple dietary. He should, for a week or two at least, live principally on good ripe fruits and plain bread, and even eat sparingly of these. All overloading of the stomach will occasion headache, and aggravate the general feeling of wretchedness. He should also exercise very moderately. These rules, adhered to for a few days, will emancipate the patient from one of the worst slaveries that ever degraded the human nature. But if weeks or months or

years were required, the victory would be worth all it cost. It is rare, however, that more than one or two weeks is required to redeem, regenerate, and disenthral the most besotted devotee of tobacco when the plan that I have briefly sketched is rigidly adhered to."

But let no one think that it will be an easy task to quit by either method, nor that there may not be temptations to begin again after having once quit. Many instances could be given where the spell in this and like habits has been broken—Egypt, with its filth and degradation, has been left behind; but from Kadesh-barnea longing looks have been turned toward the "flesh-pots," and the wilderness is again entered.

Some one has said in speaking of the power of the habit: "If the center of our globe were literally a burning hell, and its all-devouring crater opened to the surface of the earth, men would continually rush into it, even while it vomited its fiercest flames, if the power of depraved sensual appetite urged them on. Poor, frail humanity! Well for thee thou hast a God of infinite compassion and forbearance, who knows thy weakness and thy need

of mercy! May he have mercy on us all, and save us from ourselves!"

There is much hope for the hopeful in giving up tobacco. Let such try it, and be convinced.

CHAPTER XII.

An Evil to Be Remedied.

THE author has endeavored in a fair and candid manner to set forth some of the evils of the use of tobacco. I say "some of the evils," for it has not been attempted to enter into all the particulars, but only the chief objections to its use have been given, while many minor details have been left out. It will be time enough for these when people begin to see the evils of a habit that has fastened itself upon us, and is sucking the life-blood of the people. Tobacco is an insidious foe, which, under the guise of being a harmless solace and comfort, has done much to detract from our welfare as individuals and as a people. Being the handmaid of alcohol, tobacco has been able to get in its work in many places where brandy, beer, and whisky are disrobed of their glittering dresses, and are known in their true light as the destroyers of the bodies and souls of men. Alcohol has been recognized as a foe, and is being driven back; but the

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fight cannot be completely successful so long as its chief ally is an honored guest in the temperance ranks.

The question arises: Has not this evil gone on long enough? Has it not caused enough physical suffering, and fed enough doctors, and shortened enough lives? Has it not drawn the sparkle from enough minds, and blunted the edge of too many intellects? Has not infancy suffered enough when, through the sins of the parents, it has brought babes into the world with shattered constitutions, and has sent them away to youthful graves?

Time was when such charges would not have been believed. It has been so with other things. Whisky was once a common beverage, and the sideboards of clergy and laity alike were ornamented with the decanter and the wine-glass. These times of ignorance may have been "winked at," but it is so no longer. Physicians and scientific men have studied the properties and effects of tobacco, and they have given us the results of their investigations. The testimony to the harmfulness of the use of tobacco is so explicit, so positive, and comes from so many sources, that any one who is open to

conviction cannot but see that it is far from being the harmless sedative which he has fancied it to be.

It may be remarked that we of the South are not up with some other sections in light on this question. Hardly a word of intelligent opposition to tobacco is ever heard among us, and when one does lift his voice against it he is in danger of being considered "a little off." A correspondent of the *Wesleyan Christian Advocate*, in "Notes" of the session of a recent Annual Conference, wrote: "The tobacco-crank was on hand, but did not get in any public work." And these "cranks" may as well bear in mind that they will meet with other "note-takers" of the same kind, and many also who do not take notes. But it is comforting to know that they are not dangerous.

This backwardness among us is in striking contrast to what is seen in some other sections. More than once has Joseph Cook, in his Boston Monday lectures, been heartily cheered when he has raised his voice against the use of tobacco. A gentleman who is a Southerner by adoption, but whose mother lives in a Massachusetts town, once said to me that in visiting her he would not dare be seen on the

streets while smoking, for such an act would be considered almost disgraceful. This, of course, is an exceptional, though not a solitary, case. Some of our Methodist brethren are ahead of us. In the "Doctrines and Discipline of the Methodist Episcopal Church" (North), page 338 (edition of 1884), there is the following: "1. That the General Conference advises all our ministers and members to abstain from the use of tobacco as injurious to both soul and body. 2. The General Conference recommends to the Annual Conferences to require candidates for admission to be free from the habit, as hurtful to their acceptability and usefulness among our people." *

Rev. Mr. Evans, presiding elder in the Central Illinois Conference, says: "I am glad to say that for about twenty years the Conference, at nearly every session, has adopted radical anti-tobacco resolutions, while the use of the weed has been uniformly denounced as expensive, filthy, injurious, and unchristian. The Conference refuses to admit any one addicted to the tobacco-habit unless a pledge of

* For further directions on this subject see Discipline of 1884, pp. 60, 65, 95.

abstinence be given; and it has also requested the bishop not to transfer to the Conference or appoint to the office of presiding elder any tobacco-user. The discussions of every year have served to make it more unanimous and radical in its action."*

A few years ago the New York State Congregational Association unanimously adopted the following resolutions: "1. That the tobacco-habit is an enormous evil; and, on account of its waste of money, positive injuries to health, and pernicious example to the young, Christians ought to abandon it. 2. That this Association earnestly recommend to all our Churches thorough measures for instructing the people as to the manifold mischiefs flowing from the use of narcotic drugs, as well as drinks; and that special efforts be made to guard children and youth from any and every use of tobacco."

Two years ago the *Christian Advocate*, of Nashville, had the following editorial paragraph: "The Cumberland Presbyterian General Assembly condemned the use of tobacco by a vote of 113 to 23; and the Reformed Presbyterian Synod has reaf-

* Meta Lander.

firmed its action, forbidding any one to be licensed to preach who uses tobacco, and also condemning the raising, manufacturing, and selling of tobacco, and advises sessions to appoint no Sunday-school teacher who uses the weed."

At an annual meeting of an English anti-tobacco society the chairman stated that they had "met in the name of science, humanity, and Christianity to enter their most solemn protest against the growing use of tobacco." The following resolution was offered: "That this meeting, impressed with a deep conviction of the physical, mental, and moral evils resulting from the use of tobacco, and regarding with a profound alarm and apprehension the rapidly-extending habit of smoking amongst the youth of our country, calls upon parents, Sunday-school teachers, members and ministers of Christian Churches, and all true patriots and philanthropists to discountenance the practice to the utmost by both precept and example."

In speaking of the General Conference of the Methodist Episcopal Church now (May, 1888) in session in New York, Dr. Howard Henderson, in a letter to the *St. Louis Christian Advocate*, says: "The

growing feeling against the use of tobacco is such that any aspirant to General Conference honors would find his prospects seriously embarrassed if he were addicted to the habit. A knowledge of this fact has wrought abstinence in a number of notable cases during the last year. No one of the bishops now use tobacco, and certainly no one could be elected to the Episcopacy if given to this outlawed habit."

So much for the stand that has been taken in other places. But while we of the South cannot say so much as to the sentiment among us against the use of tobacco, yet we are not entirely behind. Witness the testimony given in a previous chapter of five of the leading physicians of Nashville. The *Savannah Morning News*, one of the foremost dailies of Georgia, has several times recently called attention to this subject. In that paper, of May 6, 1888, there is an editorial article, "Legislating against the Cigarette," in which it says that it is about time something was being done to check this growing evil among us. In the same paper, May 21st, there is an editorial paragraph of the same import. All honor to this newspaper in entering

the list against the cigarette, this foe to our youth and manhood.

That something out to be done to check this growing evil becomes every day more and more apparent. Some hope to accomplish it by legislation. A bill has recently been introduced into the Senate of the United States prohibiting the selling, giving, or furnishing of cigarettes or tobacco to minors under sixteen years of age in the District of Columbia; and Massachusetts law forbids the sale of tobacco to persons under sixteen years of age. These and other laws are good so far as they go. They may help by calling attention to the subject, but they cannot alone be depended on to correct the evil. As well expect a prohibitory law to prohibit where it is not sustained by public opinion, as to say "*shall not*" to a boy who knows no reason for the refusal. Some boys are so constituted that the very prohibition of the sale of cigarettes or tobacco to them is the chief reason why they want to smoke or chew.

"Men smoke, why should not I?"

So the youth reasons, and so he will act. Obstacles only make stronger the determination to do so,

and he *will have* his tobacco. He may not buy his cigarettes openly, but in some way or other he gets them. The American boy is not a fool, and he is not lacking in expedients. Such laws may decrease the use of tobacco by boys, but they will not stop it.

Something more is needed. If along with the "shall not" you accompany the "why not," then good will be done; and of the two the latter will be much more efficacious in accomplishing the desired end. "Shall not," of itself, is no reason, and it often brings contempt on its author; but tell a boy that tobacco will do him no good, but will prevent him from reaching full development of both body and mind, will keep him from succeeding so well in life as he otherwise would, and will bring on premature old age and decay—convince him of these, and you surround him with barriers more effective than all the laws can furnish. If we must have "shall not," let us by all means have "why not" along with it. If this is done, parents and teachers will first have to acquaint themselves with the reasons against the use of tobacco. This should be done thoroughly. One great defect in all our teaching is the lack of knowledge on the part

of the teacher; and the student is not slow to recognize this; and so he comes to despise both the teacher and the thing taught. The subject of the use and abuse of tobacco cannot be mastered in a day, as can no other subject worth mastering. Let parents and teachers learn, both by reading and by observation, and then let the subject be strongly impressed upon the minds of the young. Appeal to their reason and manhood, and in five cases of every six the appeal will be successful.

And especially is it necessary that parents should acquaint themselves with this subject, for, unless the lesson is learned at home, in the greater number of cases it will not be learned at all. As a rule too much is left to be learned in the schools that should be taught around the hearth-stone.

Again: If this teaching is to be effectual, the teachers must "practice what they preach." Boys will not listen to a lecture on tobacco from one whose lips are stained with tobacco-juice or whose breath smells of the cigar or pipe. If personal consideration will not induce men to give up tobacco, then consideration for the welfare and happiness of those about them should do so.

When our religious teachers cleanse themselves, and pull the beam out of their own eyes, they can do much good on this line. They are constantly with the people, and ought to throw much light on this beclouded question. If some of the clergy think they will be compromising their dignity by opposing tobacco, let such remember that John Wesley and Adam Clarke did not think so when they raised their voices against it.*

This question of the use of tobacco is worthy the consideration of the wisest and best among us. It is one that is big with consequences in determining the health and happiness of coming generations; and one that must be settled before the "Whisky Devil" is effectually bound. Tobacco to-day numbers its victims by the million. Will men continue to nurse the fetters which bind them? or, rising superior to a degrading appetite, will they declare that they have had enough of this tobacco-bondage?

* See "The Tobacco Problem," p. 217, and "Alcohol and Tobacco," p. 63.

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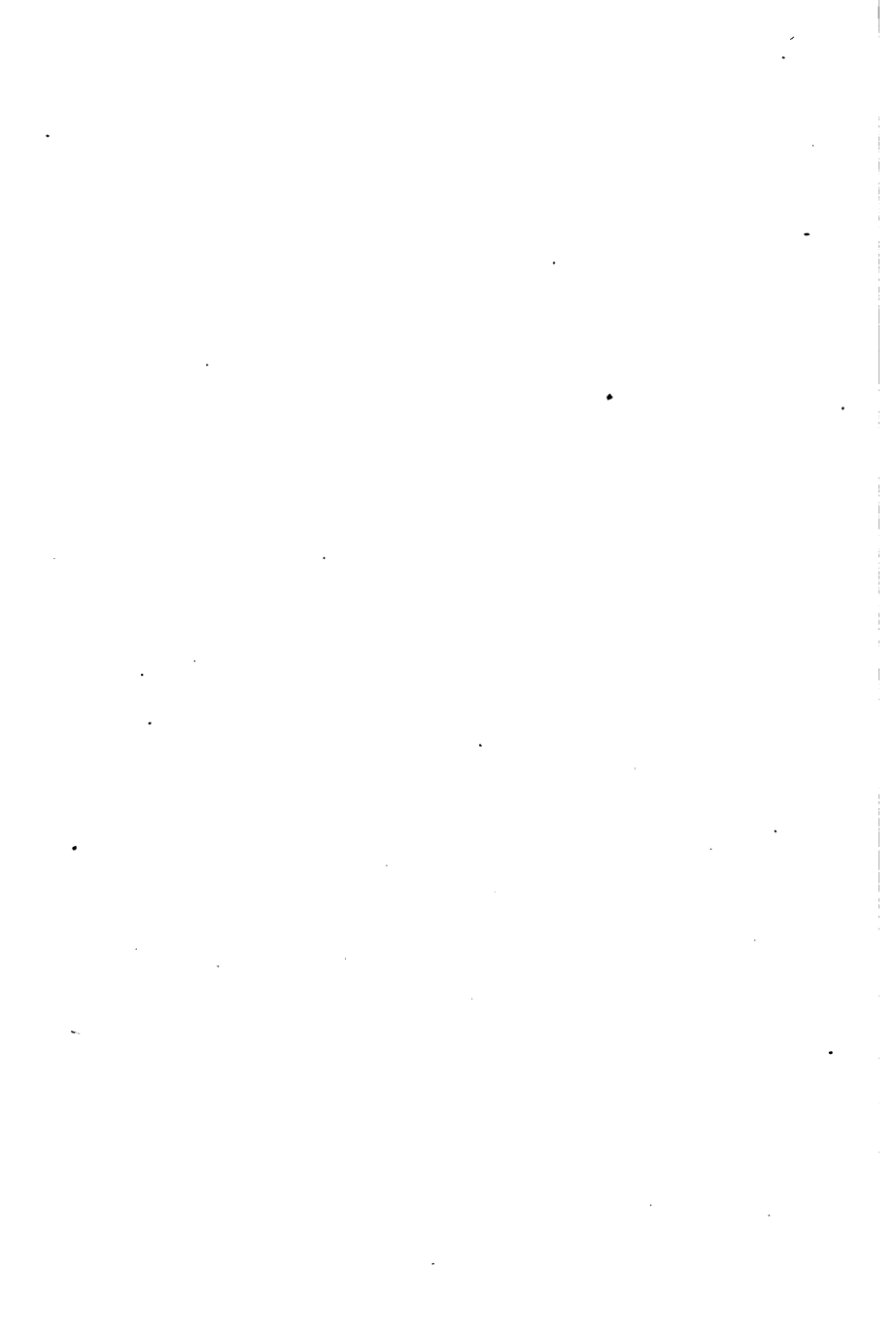
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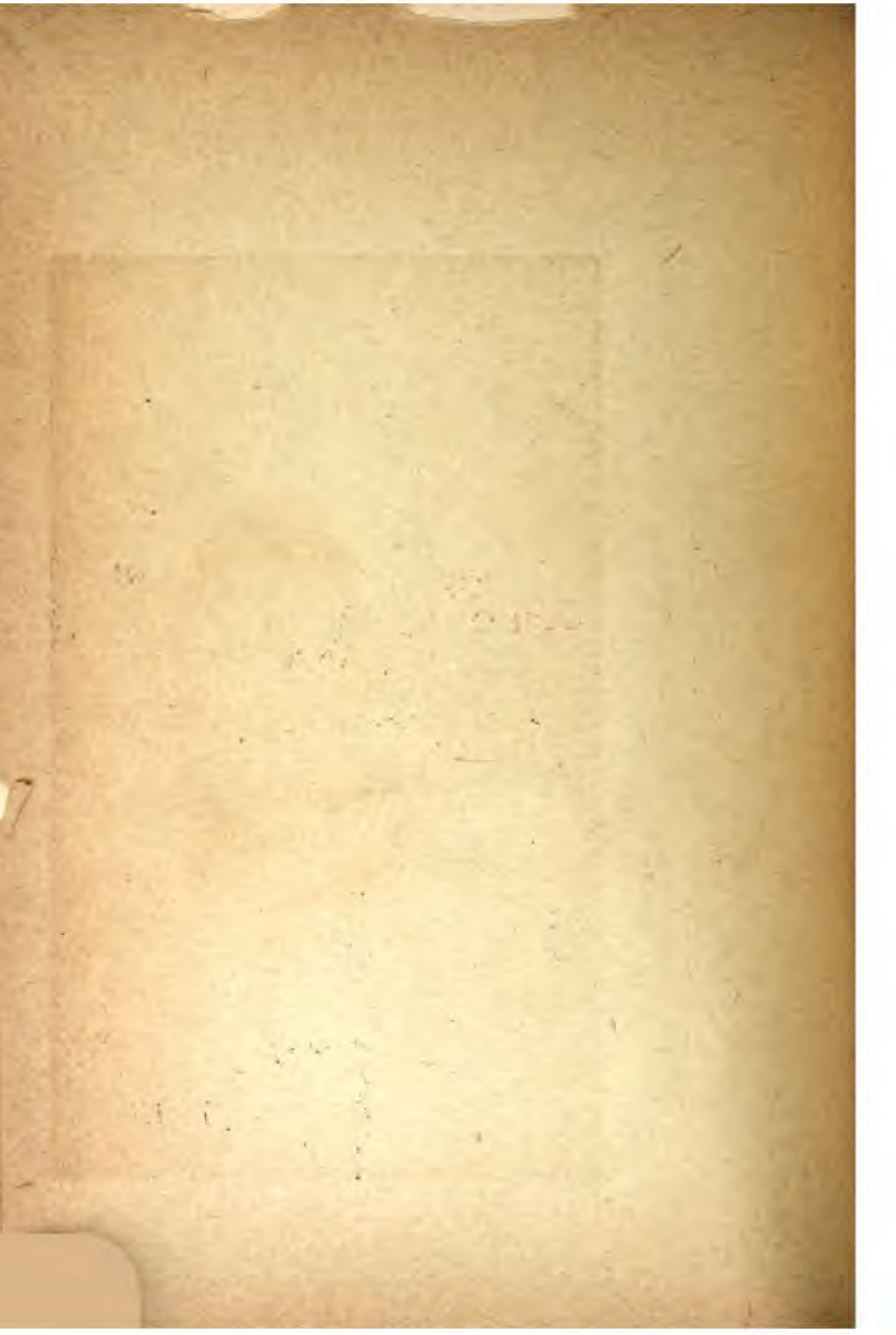
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